

4 February 2025

Dear Parents/Carers

I am writing to inform you that your child will be watching a one hour PSHE performance of “Time Out” on the **morning of Friday 14 March 2025**, along with the rest of year 8 in the main hall at school. This will be during lesson 2.

Time Out is a “Theatre in Education” programme aimed at Key Stage 3 students around Drug Education and Mental Health. It is endorsed and funded by East Sussex Public Health and Education East Sussex. It is an age appropriate and well researched programme designed to educate students on the following key areas:

- Vaping
- Mental Health
- Sexual Health
- Drug and alcohol use
- Peer Pressure
- Home and family life



Below is a synopsis of the performance:

“Tom has always been a good student – but since his parents split up, everything’s changed. With no support from his mum anymore and pressures from cool girl Lucy – Tom’s life is about to be turned upside down.

Best friend Lucy has got a new boyfriend, Jamie from the year above. He might not be the best role model – influencing Lucy to drink, vape and pressuring her to have sex with him.

What will become of Tom & Lucy as they navigate the uncertainties of being a teenager.”

The performance aligns with the year 8 PSHE curriculum and should help students to put their learning into a relatable, real-world context.

If you have any questions, please do not hesitate to contact me via email at olivia.letang@swale.at or by calling the school on 01273 581100.

Yours sincerely

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Miss Olivia L’etang
Head of PSHE and Health & Social Care