

**Five Islands Academy**  
**Carn Gwaval**  
**St Mary's**  
**Isles of Scilly**  
**TR21 0NA**



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*Equity, Excellence, Evolution*

*The Five Islands Academy is an all-age, multi-site, Church of England Academy,  
serving the island communities of Bryher, St Agnes, St Martin's, St Mary's and Treasco.  
It is part of the Leading Edge Academies Partnership.*

Monday 9th March 2026

### **Brook Sexual Health**

Dear Parents and Carers

We are delighted to say that Brook, a trusted sexual health organisation, are coming over on the 23rd of March to deliver bespoke Relationships and Sex Education lessons to years 8, 9, 10, and 11 covering the following topics:

- Year 8 – Puberty and body image
- Year 9 – Intro to sexual health (includes contraception, STIs, consent, signposting)
- Year 10 – Condoms and contraception
- Year 11 – Condoms and contraception

These sessions are one hour each, and students will be in ordinary lessons when not learning from Brook. The topics have been selected following consultation with the young people themselves. If you would like to find out more about Brook's education sessions for schools, you can explore their website here: <https://www.brook.org.uk/education/rse-workshops-for-young-people/>.

Our students at FIA have been strong advocates of their own sex education, and recent surveys show clear evidence that students want to learn about relationships and sex education throughout their time in Primary and Secondary. There is evidence to suggest that students can be more comfortable learning about Relationships and Sex Education from external organisations, and we would like to extend our thanks to Cornwall Council for their support in organising such a brilliant, vital offer for our young people.

Yours faithfully

FIA PSHE team!

*All aboard! Navigating together*

[www.fiveislands.scilly.sch.uk](http://www.fiveislands.scilly.sch.uk)