



15 February 2022

Dear Parent/Guardian

Pastoral Day – Wednesday 2 March 2022

On the above day we will be suspending our normal teaching timetable for all year groups, to enable students to focus on the required key topics from the PSMSC programme.

Year Group	Focus Area
7	e-Safety
8	Drugs and Alcohol Awareness
9	Sex & Relationships
10	Mental Health Awareness
11	Careers Preparation Day
12	Community & Values
13	Study Conference Day

Further information on the detail of the day, for each year group, can be found below.

Year 7: E-Safety Day

Year 7 students will be receiving a full day on e-safety awareness. They will work on a range of activities including being safe online, cyber bullying, etc. and ensuring they know how to protect their personal information. Social media is everywhere today, and we want to ensure all students are equipped with age-appropriate information to protect and keep themselves safe.

Year 8: Drugs and Alcohol Awareness Day

Students will spend the day looking at key issues relating to Drug and Alcohol awareness. We wish to equip students with age-appropriate information to make positive choices and keep themselves safe. We will deliver a range of activities on different drugs and the harm they cause, how vulnerable you can be if you drink alcohol or try drugs and most importantly where to access support if you or a friend needs it. Additionally, students will also explore the issue of county lines and gangs and how this affects young people.

Year 9: Sex and Relationships

Students are going to complete activities within their tutor groups that will explore the following topics:

- Consent and contraception
- Awkward chat
- Abusive relationships and where to access help
- 21st Century Relationships
- Healthy relationships for teenagers

We intend to equip them with age-appropriate information to keep themselves and others safe. This compliments the Sex and Relationships Programme and the guidance set out by the PSHE Association.

Year 10: Mental Health

Students will be receiving a full day on mental health awareness, discussing the current issues surrounding mental health and how they or their peers could be affected by it. They will cover sessions on the following topics:

- Anxiety
- Mental Health & Bullying
- Mental Health & Drugs
- Having the courage to fail
- Mental Health & Bulimia

This will enable them to spot the signs that they or a friend may be affected by it already and what to do to access support.

Year 11: Careers Preparation Day

Students will be focusing on preparation for their future careers. During this day, they will complete a virtual employer-led mock interview that students have already been planning and preparing for. Alongside this, they will be participating in career-related sessions that include customer service, finance, personal branding, and networking. To finish off the day, there will be a speaker from Fixup Seminars to talk with students about exam techniques, stress management and goal setting in preparation for their GCSE's.

Year 12: Community and Values Day

Students will be spending the day with their tutor group engaging in a series of team building challenges. As part of this, they will be developing their skills of leadership, teamwork, problem solving, logical reasoning, and resilience. Students will not need to wear normal Sixth Form school uniform on this day, but instead can wear casual clothes. Students will need to be in their tutor bases at 8.40am, and the day finishes at 2.30pm. Year 12 student helpers have taken a lead role in the organisation and planning of the day. It is hoped that the students will thoroughly embrace and enjoy this day.

Year 13: Study Conference Day

A separate letter has been sent out to parents of Year 13 regarding this day.

If there are any costs or specific arrangements relating to one year group, then the Head of Year will communicate with you directly. Students are expected to be in full school uniform on the day, apart from Year 12 and the day will follow the normal school day timings unless indicated otherwise. At the start of the day they should go to their tutor group area as normal to be registered and they will then be given instructions about the timetable for the rest of the day.

If you have any questions or need to make us aware of any particular issues that may cause upset to your child on this day then please contact their Head of Year.

Yours sincerely



Mrs S Bendall
Senior Assistant Headteacher
Pastoral, Inclusion & SENCo