

Dear Parents/Carers

Re: Year 9 Challenge Day

On Tuesday 28 November the school will be holding a challenge day, when the normal timetabled lessons are suspended.

We have planned the day based on issues that could potentially affect the students, now or in the future. Each tutor group will have 5 sessions which will be led and/or supervised by their tutor or another member of teaching staff. During the day we will be looking at a variety of subjects including addiction, relaxation techniques, mindfulness and physical activity. Two guest speakers will be leading sessions looking at eating disorders and mental health.

We realise that some of these subjects can be emotive and sensitive. Although we want everyone to take a full part in the day, we do not want any student being unnecessarily upset. Students will have the opportunity to leave a session if they become distressed. If you would prefer your son/daughter not to take part in a session, please let me know and alternative arrangements will be made for him/her.

Students should come to school in their School PE kit and they will need to bring their pencil case. All other materials needed for the day will be provided.

If you have any further questions, please do not hesitate to contact me at school.

Thank you

Mr A Henley

Head of Year 9