

Parents/Carers of Year 11 Students

Our Ref: TWO/lha

7th October 2019

Dear Parents/Carers

On Tuesday 15th October 2019 students will be taking part in the first Personal Development Day of the academic year. The day focuses on providing the students with the opportunity to further their educational experience, explore learning complementary to their formal curriculum and encourage students' personal development both in and outside of the Academy.

Across the year we have monthly themes we are encouraging students to embody and the Personal Development Days are an opportunity to embed this further. The themes that surround this first Personal Development Day are Responsibility, Confidence and Commemoration.

On this first Personal Development Day for Year 11 we have designed a day focused on wellbeing. The intention is to prepare students with the confidence to take them through the responsibility of Year 11. Students will explore all aspects of their wellbeing, including healthy eating, exercise, mindfulness and input from Off the Record focused on stress management. We are confident that this is going to be a very valuable day to prepare our Year 11 for the year ahead of them and stand them in good stead to look after themselves effectively throughout the year.

The students are required to wear non-school uniform that is suitable to take part in a yoga or other physical based activity. The main focus of the day is to prepare students to be mentally healthy and prepare well for their exams. The students will be placed into groups for the day in which they will remain throughout the day, taking part in each session on a carousel. The timing of the Academy day will run as normal and once registered with their tutors, Year 11 will meet at the entrance to PE to begin their day.

We look forward to sharing with you the success of the day and we look forward to the students getting the most out of this wellbeing day.

Yours sincerely



Ms Tasha Wolyn
SL for Social Sciences/PSHE