



March 2026

Dear Parent/Guardian

**Y9 Personal Development Day - Healthy You - Friday 13 March 2026**

As part of the growing programme of enrichment activities, to support students' personal development, on Friday 13 March Year 9 students will be off timetable to participate in a range of activities based around their health and wellbeing. The day will aim to raise awareness of sexual health, healthy eating, healthy choices around the issue of vaping, and their physical and mental wellbeing. Activities will be delivered by staff from outside agencies with tutors supporting their individual tutor groups throughout the day.

Students will need to come to school in their **normal Bishop Rawstone PE kit** of school shorts (worn properly), PE t-shirt, PE socks and trainers. If students have the school half zip top, or school tracksuit bottoms, they can also be worn; other items of sports clothing such as: hoodies, leggings and tracksuit bottoms are not allowed. Students will not need to bring their books for a normal school day.

I hope all students enjoy the day and take a lot from the experience.

Yours sincerely

Miss K Huyton  
PE Teacher/Extra-curricular Co-ordinator