

15 September 2022

Dear Parent/Carer

Learning for Life Day 1 – Wednesday, 21 September

As you are aware, we deliver our Personal, Health, Social Education (which includes sex and relationships education) on five collapsed curriculum days throughout the year, when the normal timetable is suspended. We follow closely the national curriculum on these days, which includes a number of statutory (compulsory for us as a school) elements.

The topics we cover on these days include areas which will genuinely make a difference to the life choices your children make. We hope that this will mean that they will make positive, well informed choices which will lead to them becoming happy and well-rounded young people with high aspirations for themselves and others. We take our responsibility to educate our young people in a much broader sense (more than simply passing exams) very seriously.

As these days have so much vital material condensed into them, students who are absent will miss important information that could impact on future life choices which is vital to their wider education and well-being. As such, any child who is absent on a Learning for Life Day will need to catch this work up when they return.

The first collapsed curriculum day of this academic year, Wednesday 21 September, will cover the following sessions:

Year 7 – Healthy Body

Importance of physical activity and a balanced diet. Strategies for maintaining personal hygiene, including oral health, and prevention of infection. The influence of the media. Sources of help and support for themselves and others.

Year 8 – Healthy Mind

The importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities. Ways of assessing and reducing risk in relation to well-being. Strategies to manage mental changes that are a typical part of growing up. Sources of help and support for themselves and others.

Year 9 - Relationships

The different types of relationship. What a committed relationship is and legalities. Positive relationship qualities. The media and its portrayal of relationships. Sources of help and support for themselves and others.

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Year 10 – Unhealthy Relationships

Forming and maintaining respectful relationships. Abusive relationship characteristics. End of relationships including the effects of change, including loss, separation, divorce and bereavement. Sources of help and support for themselves and others.

Year 11 – Preparing for Exam Season - Revise Smart, The link between physical and mental health, Myths and Stigma

In preparation for exams - Revision strategies such as memory techniques, other revision resources and revision timetables. Mental and emotional health - Spotting issues in one's self and others, how to maintain mental strength, avoid stress, and how to cope mentally and emotionally through exams.

Students should report to their session 1 teacher in their usual Learning for Life classroom for 8.40am.

Please note that on these days there is an early lunch followed by school closure at 1.10pm. School buses have been arranged for this earlier time.

If you have any questions, please do not hesitate to me.

Yours faithfully



Tracey Hopes
Head of Personal Development