

St Mary's Catholic High School, Leyland

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Dear Parents / Carers,

I am writing to inform you that as part of our Personal, Social, Health, Citizenship and Economic Education (PSHCEE) curriculum, Year 8 pupils will be taking part in a 'Personal Development' Super Learning Day on Wednesday 29th June. This Super Learning Day is designed to fulfil St Mary's duty to extend our curriculum beyond the academic and vocational; we believe it essential to support our pupils to develop in many diverse aspects of their life, including knowing how to keep themselves safe from the various threats and dangers facing citizens of the 21st Century. This event also encompasses the new statutory requirement for us to deliver Relationship and Sex Education, within the ethos of our school.

Along with Anthony, our school Chaplain, five external providers will be visiting school to deliver the following sessions:

- Lancashire Police Hate Crime Unit – Discrimination and Hate Crime
- Lancashire Fire and Rescue – Choices and Consequences
- Amy Winehouse Foundation – Substance Misuse
- KOOTH - Managing Mental Health and Wellbeing
- Lancashire Police Hate Crime Unit – Captured
- Anthony – A sponsored walk to raise money for House charities while raising awareness of how to support our physical, spiritual and mental health.

Although the subject matter may appear hard hitting, I can assure you that all material is age appropriate and will be delivered in a sensitive manner by experts in the field. Furthermore, at the beginning and end of each session pupils will be reminded that there are members of staff to whom they can go for support if they are affected by any of the messages. They will also be signposted to external support agencies.

During Anthony's session, forms will be reminded of the ways in which we can maintain our physical, spiritual and mental health, and challenged to walk as far as they can in the time given, to raise money for their House Charity. As a year group we hope to walk the distance from school to the Liverpool Cathedral. Please find attached a sponsor form as we would like to invite you to sponsor your child for this activity, and monies raised will be donated to your child's House Charity. No money should be brought in to school on the day, but should be placed in an envelope with the child's name and form written on it, with the sponsor money and sponsor form enclosed. Envelopes will be collected during form time between 30th June to 8th July. We shall send out a reminder via class charts after the event. Prizes will be awarded to the form who walk the most miles, and the pupil who raises the most money.

To ensure the day runs as smoothly as possible we are asking all pupils to bring a packed lunch with them, including a drink, other than free school meals pupils who will be provided with a lunch from the school canteen.

We believe that these Super Learning Days are of great benefit and are a necessity to facilitate the holistic education of our pupils. If you have any concerns, or if you wish to withdraw your child from any of the sessions, please do not hesitate to contact me.

Yours sincerely,

Mrs. L. Pilling
Assistant Head Teacher