

3rd May 2023

Dear Parents, Carers and Family members.

I am excited to share with you that on Friday 12th May 2023, we will be launching our first personal development drop down day for Year 7 students.

The aim of the day is to provide the students with amazing workshops from both internal and external providers. These workshops will help prepare Year 7 students for the future and provide them with excellent opportunities to study vital life skills.

The sessions will run during the usual school day and all students will be given a timetable to follow. This information will be provided to students during next week's tutor time. Students will also have an assembly explaining the running of the day and the expectations that they will need to follow.

Students need to ensure they come to school in **full school PE kit**, this is the PE kit that they wear for PE lessons and without adaptations. This is to enable them to move easily during the day and to feel comfortable in the activities.

Students will have sessions on First Aid and how to perform CPR, mental health and wellbeing, mindfulness, gender equality and careers.

We are excited to announce that we are working with Dr Rebecca Foljambe and the Nottinghamshire company Equation. Both of which are reputable organisations with wonderful reputations within personal development work.

I am sure you will agree that this is a chance for students to learn key skills that will help them to progress further.

We hope that you will support us by discussing the day with your child.

Yours sincerely,



Miss Emma Cooper
Associate Vice Principal