

10<sup>th</sup> November 2021

Dear Parent/Carer,

On Friday 12<sup>th</sup> November year 11 will be participating in an ERA day. The aim of our ERA days is to help students develop the values of Excellence, Resilience and Aspiration. Year 11s will be undertaking a range of activities designed to build physical, mental and emotional skills and prepare them for the challenges of the months ahead as the GCSE exams approach in the summer. They will wear normal school uniform on this day.

As part of the ERA day we have invited in Juliet from Just Fitness to share a range of physical techniques which can support emotional wellness as well as physical resilience.

The Year 11 tutor team will be delivering and supporting a range of sessions. These include study skills which will develop resilience and raise aspirations in the face of the upcoming exams; mindfulness, which supports wellbeing and guides students towards healthy strategies for stress management; a careers session giving much needed direction and support as students consider post 16 options; a budgeting board game training students in essential money management skills; an e-safety session; a Q and A session offering the chance to reflect on 'how it started' and 'how it's going' as well as next steps.

The aims of the day are to equip our year 11 with the skills they need to complete year 11 and to venture onwards as they continue as young adults at Montsaye Academy and beyond.

We look forward to delivering an informative, engaging day for the year 11 students.

If you have any queries about any aspects of the day, please do not hesitate in contacting me at school.

Yours faithfully,



Emma Lopes (SMSC lead)

and



Fran George (Year 11 Progress Leader)