

9th January 2020

Dear parent/carer,

On Friday 17th January year 11 will be participating in an ERA day. Our ERA days are unique to Montsaye and help students develop the skills 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.

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum which looks at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of PSHE is to help our pupils make safe and informed decisions during their school years and beyond. Sex and Relationship Education (SRE) is an important part of the PSHE course. Some parts of SRE are compulsory - these are part of the National Curriculum for Science. Parents can withdraw their children from all other parts of SRE if they wish to do so. However, we believe that the SRE information presented and discussed on the ERA day will provide invaluable tools for our students as they navigate the challenges they face from social media, different relationships and the world beyond when they leave Montsaye Academy. It is more important than ever that all young people have a place to discuss pressures, check facts and dispel myths.

As part of the ERA day we have invited in Beccy from Amplifyouth who will be delivering workshops in small groups. The aims of the workshop include having an increased understanding of healthy and unhealthy relationships and how to navigate these and make positive choices. Importantly they will also gain knowledge of what local services can do to support young people.

We are also very excited to have invited an inspirational mountain climber to come and speak to the students about resilience and aspiration and we are sure they will benefit from exploring these values as they prepare for their GCSEs.

The students will also experience mindfulness, a range of NCS (National Citizen Service) activities and start planning their year 11 year book together.

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 sincerely,

Emma Lopes