

17th July 2023



Dear Parent/Carer,

On Friday 21st July Year 7 will be participating in their second ERA day of the academic year. They will be in PE kit on the day.

I would also like to remind you that Year 7 will have their sports day on Thursday 20th July. It looks set to be changeable weather, but we are hoping the showers pass us by. We will send a reminder nearer the time, but students will require sun cream and water bottles for sports day as well as a light coat in case of showers. They will also need lots of enthusiasm to support their forms on the day. They will of course be in full Montsaye PE kit on the 20th for Sports Day.

Our ERA days are unique to Montsaye and help students develop the skills of Excellence, Resilience and Aspiration. This time, Year 7s will be undertaking a range of activities designed to build social, creative, mental and emotional skills and prepare them for the varied challenges they face.

We believe that promoting the health and well-being of our pupils is an important part of our students' overall education. Nowadays, children and young people are exposed to certain risks through technology and the media. This can sometimes make an already confusing time seem even more complicated. If students are provided with timely and age appropriate information about their bodies and relationships, they can make their transition into adulthood with the confidence and knowledge to understand what is happening to them, and hopefully grow into confident and healthy adults able to make positive choices. The cyber dilemmas session is a workshop designed to inform students about the potential risks and to signpost ways to stay safe and where to get help if needed.

We know how important it can be to adapt to changing circumstances and remain positive in the face of challenges. Therefore, we are delivering a wellbeing workout and a session on using creativity to support with mental health challenges. We will explain the science behind nurturing wellbeing and provide some easy practical solutions which will be a valuable tool in supporting students' wellbeing and mental health.

As part of the school's Personal, Social, Health and Economic (PSHE) Education programme, your child will explore online safety, healthy relationships, road safety, and healthy choices, including learning about the dangers of newer risks such as vaping.

Students will begin their journey in learning about careers by logging on to our programme 'Start', guided by our Careers Lead Teacher Mrs Pitcher. They will discover more about themselves and the potential careers which await them. This is the first step of many as they journey through the school, towards options in Year 9, GCSEs in Year 11 and the many choices beyond.

Thank you as always for your support during the year. We look forward to delivering an informative, engaging day for the year 7 students. Do look out for updates throughout the day on our Twitter, Instagram and Facebook pages. Please contact the school prior to the event if you have any queries about any aspect of the day.

Yours sincerely,

Emma Lopes, SMSC Lead and Francesca George, Year 7 Progress Leader