

7<sup>th</sup> March 2022

Dear Parent/Carer,



On Friday 11th March Year 8 will at last be participating in their first Montsaye ERA Day of the new academic year. This follows the postponement of the event before Christmas and again in February, so it is long-awaited. Fortunately, we have been able to reschedule all of the original events for our new date this Friday, as well as adding in an extra speaker in the afternoon. Resilience in action!

**Key information**

- The day starts at 8.40 and ends at 3.00 as usual.
- Students will be in normal school uniform on this day.
- Bring a pencil case, lunch, bus pass etc as usual. No need for exercise books or DEAR book.

We are proud of our unique ERA days which support students' development of Excellence, Resilience and Aspiration. It is important to us, now more than ever, that we are preparing our students for the varied challenges they face.

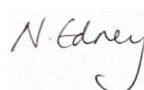
We believe that promoting the health and well-being of our pupils is an important part of our students' overall education. Our key note speakers on mental health and self-esteem will be X factor contestants '*He Knows, She Knows*'. They have collaborated with us at Montsaye before and we are thrilled to have them sharing their experiences and advice with our students again.

In addition, Year 8s will be undertaking a range of activities designed to build emotional resilience, tools for wellbeing, career aspirations and the skills needed to work together as a team. Students will also learn some practical techniques for improving wellbeing, get creative and collaborate in a STEM skills design activity attempting to build the tallest possible tower, as well as get competitive and have lots of fun in a physical form challenge. There will be a reflection Q and A task, a PSHE session on 'Banter vs Bullying' as well as a deeper exploration of mental health struggles and where to find support. The forms will spend most, or all of the day with their tutor, building a deeper relationship with this key member of staff, as well as creating closer friendships within their form group.

Our ERA days are always days to remember and are an important part of our students' development into adulthood. We look forward to delivering an informative, engaging day for the year 8 students.

Thank you for your support so far this year. Do get in touch if you have any questions.

Yours sincerely,



Emma Lopes, Strategic Lead for SMSC & Miss Collins and Mrs Edney, Year 8 Progress Leaders