

3rd May 2022

Dear Parent/Carer,

Year 10 ERA Day

On Friday 6th May, Year 10 will be participating in their first ERA day of the academic year.

Key information

- The day starts at 8.40am and ends at 3.00pm 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.

Our ERA days are unique to Montsaye and help students develop the skills of Excellence, Resilience and Aspiration. In a matter of weeks year 11 will have finished their GCSEs so year 10 will be the oldest students in the main school and the reality of their own GCSE journey will upon them. With this in mind, they will be undertaking a range of activities on ERA day designed to build the physical, mental and emotional skills necessary to prepare them for the varied challenges they face whether academically, online, within friendships or in their communities.

We believe that promoting the health and well-being of our pupils is an important part of our students' overall education. Currently, there is a vast amount of information about relationships and sex on the internet, on TV, in magazines, which children and young people are exposed to. 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.

As part of the school's Personal, Social, Health and Economic (PSHE) Education programme, your child will receive two talks on Relationships and Sex Education including safe online behaviours (RSE) during the upcoming ERA day. One workshop will be delivered by Mrs Lopes who will provide information and advice about relationships and sexual health. We are also lucky to be welcoming Simon Aston from Northamptonshire County Council to deliver a workshop about further online safety themes.

Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. If you wish to withdraw your child from the lessons on sexual health and safe relationships please inform the pastoral team by emailing Mrs Long on llong@montsaye.northants.sch.uk.

Students will also be involved in a range of further activities including an inflatable human table football game, talks on mental health and wellbeing, a careers session and a team building challenge to create the tallest tower. We are welcoming an expert from Wize Up to deliver an important talk on money matters, giving year 10 crucial financial advice and tools for the future. We are also excited to offer our students an inspirational



talk and Q and A from keynote speaker Robyn Allen, ex-Montsaye student, current Governor and successful local business leader.

We look forward to delivering an informative, engaging day for the year 10 students. Do look out for updates throughout the day on our twitter 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, Strategic Lead for SMSC

Hannah Pickering, Year 10 Progress Leader