



06/07/22

Dear Parent/Carer,

Year 10 ERA Day – Friday 8th July

On Friday 8th July Year 10 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 10 will have their sports day on Friday 15th July. It looks set to be fair weather. We will send a reminder nearer the time, but students will require sun cream and water bottles for sports day as well as lots of enthusiasm to support their forms on the day. They will of course be in full Montsaye PE kit on the 15th for Sports Day.

We have planned a full and varied day to cater to a range of needs as Year 10 transition to Year 11 and students will be undertaking a range of activities on ERA Day designed to develop further their physical, mental and emotional skills as well as our values of Excellence, Resilience and Aspiration.

We believe that promoting the health and well-being of our pupils is an important part of our students' overall education. Currently, young people are exposed to many influences and inaccurate information. If students are provided with timely and age appropriate information about addiction and healthy choices, they can make their transition into adulthood with the confidence and accurate information, and hopefully grow into healthy adults able to make positive choices.

As part of the school's Personal, Social, Health and Economic (PSHE) Education programme, your child will participate in several workshops. The science department will be delivering a session on drugs and alcohol, providing key information which will support students in making safe choices. There will also be a session led by the English department which will explore key issues around relationships, equality and responsibility. Mr Shea will also be delivering a filmed drama tackling issues of sexism, consent and the dangers of sharing illicit images. This film has been produced for KS4 students. 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 go on to experience a full range of other workshops. There is a physical exercise session led by a boxercise instructor (though this session will be non-contact in nature). We have a mindfulness expert coming to provide a recap on the importance of mindfulness and deliver some practical exercises – particularly important as the potential pressures of GCSE's loom nearer. As our Year 10's look to the future we will provide a session on CV writing so they are prepared for the world of work and the Music department are delivering a musical Boom Whackers workshop.

We are also thrilled to welcome back an inspirational speaker from Channel 4's *Educating Yorkshire*, Musharaf Asghar. Our students will benefit from hearing first hand his story of resilience and aspiration.



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

Hannah Pickering, Year 10 Progress Leader