

Wednesday 7<sup>th</sup> July 2021

Dear Parent/Carer,

**Year 10 ERA Day**

On Friday 16<sup>th</sup> July Year 10 will be participating in their second ERA day of the academic year. They will be expected to wear their full school uniform on the day.

Students will be undertaking a range of activities on ERA day designed to develop 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, there is a vast amount of information about relationships and sex on the internet, on TV and 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 a talk about sexual health. Students will also be experiencing a performance from our PSHE partners Loudmouth about Healthy relationships and the warning signs of unhealthy relationships. 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 Walters-Morgan on [awmorgan@montsaye.northants.sch.uk](mailto:awmorgan@montsaye.northants.sch.uk).

Students will go on to experience a full range of other workshops. There is a First Aid workshop, introducing students to the importance of first aid and providing them with access to a range of online tutorials for developing these skills. We are thrilled to offer a session on mindfulness where we explain the science behind it and provide some easy mindfulness practice which we hope will be a valuable tool in supporting students' wellbeing and mental health. There is also a further session on mental health, a time capsule activity, a Teenage Cancer Trust session and a workshop on CV writing.

We have planned a full and varied day to cater to a range of needs as Year 10 transition to Year 11. 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.

We would also like to remind you that Year 10 will have their **sports day on Friday 9th July**. The weather looks set to be warm therefore 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 be required to wear their full Montsaye PE kit on the 9<sup>th</sup>.

Yours sincerely,



**Emma Lopes, SMSC Lead**



**Fran Malins, Year 10 Progress Leader**