

Wednesday 7th July 2021

Dear Parent/Carer,

Year 7 ERA day

On Friday 9th July Year 7 will be participating in their second ERA day of the academic year. They will be expected to wear their school uniform on this day.

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

We believe that promoting the value of Resilience is crucial for our young people's success. We have learnt this year how important it can be to adapt to changing circumstances and remain positive in the face of challenges. We are privileged this year to welcome two veterans from the organisation 'Generation R' via Microsoft teams. They will be talking to our Year 7 students about their experiences facing real life challenges. Both speakers are amputees, sharing their stories and teaching about how to live positively.

Students will also experience a range of activities including Samba drums and origami, plus bespoke ERA sessions on two of our values: Resilience and Aspiration. Also, there will be a time capsule activity and a treasure hunt around the school which is important as we prepare our Year 7s for new experiences in Year 8. Finally 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. Our day will finish with a celebration assembly where we reward students and celebrate the day together.

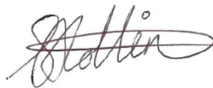
We would like to remind you that Year 7 will have their **sports day on Friday 16th July**. The weather looks set to be sunny therefore students will require sun cream and water bottles as well as lots of enthusiasm to support their forms on the day. They will be expected to wear their full Montsaye PE kit on the 16th.

Thank you as always for your support during the year. We look forward to delivering an informative and engaging day for the Year 7 students.

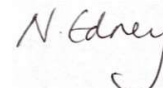
Yours sincerely,



Emma Lopes, SMSC Lead



Sophie Collins, Year 7 Progress Leader



Natalie Edney, Year 7 Progress Leader