

Wednesday 7th July 2021

Dear Parent/Carer,

Year 8 ERA Day

On **Friday 9th July** Year 8 will be participating in their first ERA day of the academic year. They will be expected to wear their school uniform.

Our ERA days are unique to Montsaye and help students develop the skills of Excellence, Resilience and Aspiration. Year 8 will be undertaking a range of activities designed to build physical, mental and emotional skills and prepare them 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. Children and young people are exposed to certain risks through technology and the media which 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 lessons on relationships and e-safety during the upcoming ERA day. These will be delivered through a talk about the risks of social media and phone use as well as UK law. This will be followed by a workshop activity in smaller groups where students will be able to explore the issues in greater depth. 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 Ms Patrick on spatrick@montsaye.northants.sch.uk.

There will also be a workshop on cyber dilemmas which will allow a deeper look into the everyday challenges students face with technology. Students will have the chance to experience a team building challenge organised by our sixth form cadets, which will put their physical and communication skills to the test. 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 will also be showing an educational film about relationships called FIT. This film is rated a 12 so is suitable for Year 8 to view. Students will be producing a time capsule blog which will allow them the chance to reflect on their personal and learning journeys. Our day will finish with students in the main hall with a celebration assembly where we reward students and celebrate the day we have spent together.

I would also like to remind you that Year 8 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 for sports day as well as lots of enthusiasm to support their forms on the day. They will be required to wear their PE kit on the 16th.



Thank you as always for your support during the year. We look forward to delivering an informative, engaging day for the Year 8 students.

Yours sincerely,

Emma Lopes, SMSC Lead

Jon Roberts, Year 8 Progress Leader