

12<sup>th</sup> November 2018

Dear parent/carer,

On Friday 16<sup>th</sup> November year 7 will be participating in their first ERA day of the academic year. Our ERA days are unique to Montsaye and help students develop the skills of Excellence, Resilience and Aspiration. Year 7s will be undertaking a range of activities designed to build physical, mental and emotional skills and prepare them for the challenges they face now they have transitioned to secondary school.

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this in a range of ways. A main focus of this ERA day is e-safety and student welfare. In past ERA days, students have participated in activities such as inter form sports, mindfulness, yoga, arts and crafts and more.

Due to the nature of the activities, students will need to arrive in their school PE kit and will remain in PE kit all day. Students will need their school bag with usual equipment as per the academy's expectations.

We look forward to delivering an informative, engaging day for the year 7 students.

If you have any queries about any aspects of the day, please do not hesitate in contacting me at school.

Yours sincerely,

Emma Lopes, SMSC Lead & Claire Petchey, Year 7 Progress Leader

