

19th November 2019

Dear Parent/Carer,

On Friday 22nd November year 8 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 8s will be undertaking a range of activities designed to build physical, mental and emotional skills and prepare them for the varied challenges they face whether academically, online, within friendships or in their communities. Students will be in normal school uniform for the whole day. They will also need their school bag with usual equipment as per the academy's expectations.

We believe that promoting the health and well-being of our pupils is an important part of our students' overall education. We do this in a range of ways. A main focus of this ERA day is positive relationships and emotional intelligence as part of our anti-bullying programme.

The day begins with a performance by TakeAway theatre productions, a company with many years of experience delivering PSHE curriculum through drama productions and discussion. Students will then take part in a range of activities designed to build confidence, communication skills and self-esteem, all important factors in young people developing resilience and strong mental health.

We are thrilled that the Director of Business Operations at O2, Adrian Gorham, has agreed to talk to the students about his life in business and beyond. This is a truly unique opportunity.

One of the activities on the day is juggling. This is a fun, engaging activity which challenges students to combine physical and mental abilities to learn a new skill. This will also reinforce all three of our school values. Another physical and mental challenge will be set through some team building activities organized by our own cadets from older year groups.

Students will also be spending some of their time planning Acts of Kindness which will be paid forward over the coming weeks and create a wave of positivity.

In their next assembly with Mrs Cooper the achievements from throughout the day will be celebrated and we can reaffirm our school values of Excellence, Resilience and Aspiration.

Please contact the school prior to the event if you have any queries about any aspect of the day.

We look forward to delivering an informative, engaging day for the year 8 students.

Yours sincerely,

Emma Lopes, SMSC Lead and Jane Cooper, Year 8 Progress Leader