

Dear Parent/Carer,

On Friday 5th April year 10 will be participating in their second ERA day of the academic year. Our ERA days are unique to Montsaye and help students develop the skills of Excellence, Resilience and Aspiration. In a matter of weeks year 11 will have begun their GCSEs so year 10 will be the oldest students in the main school and the reality of their own GCSE journey will upon them. With this in mind, they will be undertaking a range of activities on ERA day designed to build the physical, mental and emotional skills necessary to prepare them for the varied challenges they face whether academically, online, within friendships or in their communities.

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. One focus of this ERA day is teaching the students to have a safe attitude to alcohol and drugs. The programme for the day begins with a performance by Loudmouth productions, focusing on this issue. A hot seat activity follows, as well as a smaller group workshop in forms. Loudmouth is a company with many years of experience delivering PSHE curriculum through drama productions and discussion and we are thrilled that they will be working with us again.

Students will also take part in activities designed to build confidence, communication skills and resilience as they approach the next crucial phase of their education. We have a range of visitors helping to deliver these activities including a leader in workplace skills from local company Joules (a true example of aspiration, having grown from very small beginnings in Market Harborough to become a world recognised brand). Hollie from project Ask is coming back in to conduct an interactive workshop on apprenticeships and where they can take you. Juliet is bringing back her popular boxercise session to Montsaye. This session builds confidence, resilience and ultimately boosts positivity and wellbeing. We are also very honoured to be inviting in Shahin, a Grenfell survivor, to speak to the year 10s. His experience is one of ongoing resilience in incredibly difficult circumstances and he is an inspiring speaker who we are looking forward to hearing.

Due to the nature of some of the physical activities, students will need to arrive in their school PE kit and will remain in PE kit all day. Hoodies, football shirts, slogans, navy tops etc are not permitted. If they are cold they are allowed to wear base layers/lycra underneath their PE kit. Students will need their school bag with usual equipment as per the academy's expectations.

At the end of the day there will be a celebration for the whole of year 10 where their 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 10 students. Do look out for updates throughout the day on our twitter and Facebook pages.

Yours sincerely,

Emma Lopes, SMSC Lead and Jon Roberts, Year 10 Progress Leader

