

3rd July

Dear Parent/Carer

On July 6th we will be running our third Be Smart Day of the year, with a focus on Healthy Lifestyles. This forms part of our Personal, Social, Health and Cultural Education programme and involves all students engaging in a different curriculum through a mixture of teaching, workshops and external speakers. We will also be running our annual Bangladesh dress-down day to coincide with the Be Smart Day. Students are invited to wear non-uniform with a suggested donation of £1 to support our commitments with our partner school in Bangladesh.

The purpose of this day is to strengthen students' understanding of how it is important to make healthy choices in all aspects of their life. Throughout the day we will look at several different elements of health, including mental health, physical health and healthy eating. More information about the sessions your child will be partaking in are outlined below.

There are five sessions for Year 10 on this day:

- 1 'Body Positivity'. This will be a workshop run by an external provider the Head of Year 7 and an external speaker. The purpose of this session is to help students understand how social media might impact their self-esteem and body confidence, as well as provide strategies to help them overcome this.
- 2 'Healthy Body'. This is will be a practical session – students will be required to bring their P.E. Students will take part in a sporting activity where the impacts of exercise on their physical and mental health will be discussed.
- 3 'Mental Health'. This is an external session run by Leeds-based provider, Teen Connect. It will provide students with the understanding of what mental health is and how they might monitor theirs; as well as debunking some common misconceptions around mental health. After the session the students will be provided with the details of websites and agencies they can go to if they feel they need to discuss this further.
- 4 'Managing Stress'. Students will be given the opportunity to explore factors that might cause them to experience stress. They will look at how they might recognise stress symptoms in themselves and then specifically focus on exam

stress. The aim is to compile a list of strategies that can help before, during and after an exam.

- 5 'Drugs and Alcohol Awareness'. This session will be run by external provider Forward Leeds and will aim to make students more aware of the short and long-term effects of substance abuse.

If you have any further questions about the planning or delivery of the sessions, you are welcome to contact me via Reception.

As with the previous Be Smart Day, we appreciate that this content is of a sensitive nature and some students may find the content challenging. If this day raises any issues at home about which you would like to talk to somebody in school you are welcome to telephone and speak with our Safeguarding Officer, Mrs Spink, who will be pleased to assist and if necessary to arrange a time to meet and discuss this further. Mrs Spink can be contacted via Reception.

Yours sincerely



Erin Brierley
PSHCE Coordinator



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