

## PSHE Day - Wednesday 8th November

Sir Thomas Fremantle School <office@sirthomasfremantle.org>

Thu 02/11/2023 3:14 PM

To: Sir Thomas Fremantle School <office@sirthomasfremantle.org>

Dear Parents & Carers,

You may recall an email earlier in the year that mentioned an alternative curriculum day centred on PSHE. This will be happening on **Wednesday 8<sup>th</sup> November**. We are aware that for some students the change to the school day may present a challenge, and we hope that you are able to help share this information with your child(ren) alongside notices in school in order to best prepare them for the day.

Students from all year groups will be off timetable for the entire day and will instead be participating in activities and workshops centred on the following foci.

Year 7	<b>Health and Wellbeing</b> (healthy eating, first aid, CPR, yoga, resilience)
Year 8	<b>Actions and Consequences</b> (exploring positive and negative impacts of our choices)
Year 9	<b>Budgeting</b> (looking at what it means to run a household budget)
Year 10	<b>Keeping Yourself and Others Safe</b> (knife crime, child criminal exploitation, child sexual exploitation, vaping and gambling)
Year 11	<b>Careers</b> (including next steps, post school and mock interviews)

Students will be required to bring some specific equipment/clothing to help support their day in addition to their usual daily equipment.

**Year 7:** We ask that all year 7 students come to school in their PE kit and appropriate footwear. Students should ensure they have their devices fully charged.

**Year 8:** Can students please bring their devices fully charged and any coloured pens or pencils that they own.

**Year 9:** Students must bring their devices fully charged.

**Year 10:** No adaptations required, please bring their usual equipment.

**Year 11:** Students must bring their devices fully charged.

We are highly looking forward to the day and hope that the students find it fulfilling and knowledgeable.

Thank you for your support.

**Rosie Spence**

English Teacher

Sir Thomas Fremantle School

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