



6 November 2020

Dear Parent/Guardian

Pastoral Day

On Wednesday 11 November, the normal school timetable will be replaced with a 'Pastoral Day'. This will mean that students will take part in a variety of age appropriate sessions considering different aspects of health, wellbeing and preparation for their futures.

The theme for Year 9 on Pastoral Day is "Raising our game" with a focus on supporting the Year 9s to get motivated to meet the standards required to achieve their potential in Key Stage 4. The sessions include:

- *Me-tivation* – what motivates you? Have you found your inner drive? Session around how to become intrinsically motivated;
- Remembrance Day;
- Adolescence: Everyone's Changing (and how to cope);
- Team building;
- Advice to young people about managing mental health with The Lucy Rayner Foundation;
- Keep Calm and Colour – Reflecting with mindfulness.

Throughout the day a number of different topics are covered, as we feel this is important in ensuring every child understands some of the wider issues that affect our young people. As professionals we educate them in understanding these topics, and to ultimately protect and educate them in what can now be a difficult world to grow up in.

Students will be required to wear full school uniform for this day, and I would like to encourage them to bring any extra provisions for the Keep Calm and Colour session.

This day proves to be an exciting, fun filled and thought-provoking day for all. This will enable students to have a better understanding of the wider world.

Should you wish to discuss any aspects of this day further, please do not hesitate to contact me via the School Reception on 0118 966 8065.

Yours sincerely

Mr Z Wildman
Head of Year 9