

September 2017

Dear Parent/Carer

Please see below details of the **Year 10 Curriculum Enrichment Days** – 9 and 10 October 2017. Students will be taught in half year groups and do one activity on the Monday and the other on the Tuesday.

**In-school PSHE.**

Organising teacher: **Mr M Wilkins**

Students will be in their tutor groups, covering the following topics:

**Are you ready?**

Explaining to students that they are always in control of relationships and the right to say “No” at any point in a relationship is always theirs, as well as how to deal with pressure in relationships and how to recognise when a relationship is becoming unhealthy.

**Body Image**

Encouraging students to recognise that the media does not give a true representation of body image. To also develop self-esteem as their body changes.

**STIs & Contraception**

Educating students on the forms of birth control that are available if they choose to become sexually active. Also making young people aware of the risks posed by STIs, how certain methods of contraception can help protect against contracting certain infections and how to access advice and help from the Health Service.

**Stress**

Teaching students how to recognise the signs and different forms of stress and effective strategies to deal with it.

**Mental Wellbeing**

A look at how mental wellbeing influences every aspect of our lives, and introducing some ideas to promote a healthy mental state.

**Online Influence**

The use of the internet is fundamental to modern life, however the breadth of subjects that can be accessed can have a detrimental effect. This lesson will make students aware of how viewing certain websites can be unhealthy or even illegal.

**Healthy Relationships**

As Year 10 students mature into young adults, we will look at the characteristics of healthy and unhealthy relationships.

**The Perfect Year 10**

Across the day, Year 10 will discuss what, in their mind, the 'perfect Year 10' student looks like. This will be revisited at the end of the day in the light of the subjects covered.

**RE Day**

Organising teacher: **Miss R Forbes**

Year 10 will be focusing on a new topic in their GCSE studies. We will be putting on a variety of activities to contextualise the information that students are learning. We will also go through exam techniques, looking at how to answer extended essay questions effectively.

**(Please note if your child does Textiles, there is a separate trip to the V&A Museum in London on Tuesday 10 October, details of which will be given to them directly).**

**Yours sincerely**

A handwritten signature in black ink, appearing to read 'F Gormley'.

**Mrs F Gormley**  
**Deputy Headteacher**