

1st February 2019

Dear Parent and Carer

Re: Skills for Life Day 7th February 2019

Bramhall High School takes the safeguarding of young people extremely seriously; it is imperative we keep our students safe equipping them with necessary information in order to do this. 7th February is our second day. All content has been quality assured for age appropriateness. We also have a top international athlete joining us for the day, so there will be an amendment to the uniform for **Thursday only**.

Dress Code for the day – **all students**: Bramhall High School PE Kit and trainers. Black tracksuit bottoms, Grey, Red, Black hoodie tops are permitted or blazer.

Our students will be following the programme below:

Year 7	Healthy Living: <ul style="list-style-type: none"> • Assembly with the Athlete • Training with the Athlete / Mindfulness • Safeguarding Grooming • Healthy Living • Enterprise and careers
Year 8	Risk Taking: <ul style="list-style-type: none"> • Alcohol • Drugs • Training with the Athlete / Mindfulness • Risk Taking • Safeguarding: Sexting
Year 9	Life Skills <ul style="list-style-type: none"> • Safeguarding: Legal Highs – delivered by Mosaic • Training with the Athlete / Mindfulness • Gambling • Budgeting • Positive Relationships
Year 10	Life Skills: <ul style="list-style-type: none"> • Careers / futures profiling • Relaxation • Mental Health • Training with the Athlete / Mindfulness • Safeguarding Consent
Year 11	History Trip, GCSE Revision, Mindfulness with the Athlete.

If you have any questions regarding the sessions across the day, please do not hesitate to contact me.

As always, your support in school matters is vital and much appreciated.

Ms. N A Joynson
Deputy Headteacher