



Whitburn Church of England Academy

An Academy with Specialist Status in Maths and Computing

Whitburn, Sunderland, SR6 7EF Principal: A Hardie M.A. (Hons) M.S.c P.G.C.E
Telephone: 0191 529 3712 Facsimile 0191 529 5569 E-mail: office@whitburncofeacademy.org

'Excellence for All'

January 2016

Year 10 Well-Being Day

Dear Parent/Carer

We plan to hold a well-being day for Year 10 pupils on **Thursday 25th February 2016**, which is Tutor Review Day for Years 7 to 9.

The following activities have been planned for the day:

- A whole year group talk on Well-Being and Healthy Lifestyles
- Workshops to include; a beginner's course on first aid, self-defence, drugs and alcohol awareness and keeping safe

The day will begin at 8:55am as usual, but will finish at 2:30pm. Please note that the scholars' bus service will run as normal for the journey to school in the morning but will **not** be available when the children are dismissed. Please make alternative transport arrangements to ensure your child gets home safely.

Pupils do not need to wear school uniform, but should be dressed in suitable sportswear (i.e. jogging bottoms, t-shirt and trainers) to enable them to participate in the activities which will all be held indoors. No make-up or jewellery will be allowed. Pupils will be provided with a subsidised 'fast food' lunch for £1.00 on the day or they can bring a packed lunch.

I am confident that the day will prove to be helpful in supporting our pupils to make informed decisions about living a healthy and well balanced lifestyle.

The Year 10 Parents' Evening will take place on Thursday 17th March; you will receive more details about the arrangements for this in a separate letter, including how to make an appointment with individual subject staff.

Yours faithfully

V Latimer-Mills
Head of Learning Year 10

Document available in large font, alternative language or audio format on request



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