

7th October 2024

Dear Parent/Carer

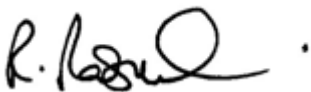
Re: Year 9 Personal Development Experience Day – Thursday 10th October 2024

I am delighted to inform you that we are able to host a fantastic Experience Day for our Year 9 pupils. Our aim at Fairfield is to ensure our pupils not only progress academically, but also develop as fully rounded individuals ready for life post 16. As part of this commitment, the school has arranged for all Year 9 pupils to take part in various exciting and interactive workshops on Thursday 10th October, this is instead of attending their normal timetabled lessons. These sessions support different elements of personal development, including self-esteem, practical strategies on how to support mental wellbeing and anxiety, basic first aid, how to protect yourself online with e-safety advice, yoga and craft activities to support mental wellbeing. In addition, we will hold an assembly delivered by Greater Manchester Police with support and advice on being responsible and how to take care of yourself outside of school. All of these experiences will contribute towards developing character, building resilience and deliver aspects of our spiritual, moral, social and cultural education.

Personal Development is a crucial part of our school ethos, as we aim to prepare our pupils for the world beyond Fairfield. We aim to develop our pupils' character and support them on their journey to becoming confident, resilient and respectful young people, with strong mental, physical health and wellbeing.

The school day will run as normal with the same start/finish and lunchtime. School uniform is to be worn and pupils should bring their school bag, pupil planner and pencil cases as they usually do. In addition, **pupils will need to bring their PE leggings or shorts and a spare pair of socks** as some forms will be participating in a yoga workshop.

Yours sincerely



Mrs R. Rasul
Assistant Headteacher