

23rd January 2023

Y8 Personal Development

Dear Parent/Carer,

During the months of February and March we are excited to share with you the opportunities for your child's personal development. During the month different year groups will be able to experience assemblies and/ or workshops delivered by external agencies from around the country. This is a fantastic opportunity for our students to develop into positive role models and focuses on some of the areas in our RSE and Health Education curriculum and underpins our academies' wider curriculum delivery:

- emotional intelligence;
- understanding their own mental health;
- developing a positive self-image and self-worth;
- how to develop healthy relationships;
- responsibility for their own personal hygiene;
- how to keep themselves safe;
- understanding the importance of physical activity;

Student Voice overwhelmingly asked for us to contact a range of external providers and workshops to support this delivery and we are pleased to share these with you. This term, we are very lucky to host the Self Esteem Team, an external provider, to deliver to the Y8 cohort. The Self Esteem Team will focus on:

'For most people, confidence peaks and troughs throughout life, but developing an understanding of where self-esteem comes from at a young age can really help to keep a person in the driver's seat. In this class, students will learn to challenge the labels we place on people and discover ways to create a positive feedback loop for themselves and interacting with others'. Self Esteem Team, 2023

In addition, on the 2nd of February, we are very lucky to be visited by DePaul UK. Depaul UK delivers bold and energetic workshops to whole year groups, using digital media and creative techniques to educate young people about youth homelessness and related issues. They equip young people with crucial information early so they can safely navigate future challenges and know where to go for support.

Year 8 students will take part in the 'Choices' workshop which allows our students to have the chance to make the decisions for a teenager affected by homelessness. They will take part in workshop activities to learn about family breakdown, healthy relationships, exploitation, identifying risks and seeking support.

As a school community, we are committed to working in partnership with parents; *parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships education programme. If you would like to find out more or discuss any concerns, please contact Mrs Riley s.riley@shafton.outwood.com or Miss Kaye l.kaye@shafton.outwood.com*

After discussion with the student voice leadership team and their wish to include sessions on financial awareness it has been a pleasure to welcome 'The Money Charity' into the academy over the last few months. The Money Charity team have been delivering two workshops during Life lessons which cover financial education workshops on planning and budgeting. For more information about their work, student money manuals, resource packs and much more, please visit <https://themonetary.org.uk/about>

To support careers education and employability, students will experience assemblies on confidence, resilience and positive mindsets. Finally, our Anti Bullying Ambassadors are currently working on a number of projects in the academy in celebrating differences in all and having a respectful culture. We are working with CompassBe who have kindly offered to provide a workshop for our students to support their ideas. If you would like your child to attend this please complete the Google Form- they do not need to already be an Anti Bullying Ambassador- we would love as many students as possible attending the event on the 2nd of March ([Anti Bullying Ambassador Workshop](#)).

Yours sincerely,



Sarah Riley
Associate Assistant Principal



Laura Kaye
Associate Assistant Principal

Outwood Grange Academies Trust, a company limited by guarantee registered in England and with company number 06995649

Registered Office address; Potovens Lane, Outwood, Wakefield, West Yorkshire WF1 2PF

VAT number: 158 2720 04. Outwood Grange Academies Trust is an exempt charity.

A list of Directors' names is open to inspection at our registered office.