



October 2015

Dear Parent

Re: Year 7 Bright Day (2)

As you may already be aware, if you have seen the Academy website, the below is on highlighting a changed approach for this year in how guidance is being delivered across the school:

“Looking ahead to 2015 – 16 Bright days are going to be a key area in which Guidance material will be delivered to students. Each Year Group will have 5 days (Year’s 11, 12 and 13 will work slightly different due to examinations in the Summer term) in which they focus on key topics for a day, giving time to go into a developing depth on key issues/topics and enable time to reflect on areas discussed. These will be split into 5 key areas:

Bright Bodies – Health, Sexual Health and matters around emotions
Bright Lives – Cultural awareness, Social development
Bright Sparks – Science, Technology, Engineering and Mathematics integrated
Bright Lights – Art, Drama and Music merged together
Bright Futures – Careers development”

With this in mind I will be overseeing the delivery and content of the area – Bright Bodies. The second Bright Day will be on Wednesday 11 November 2015 and Year 7 will be working with me, a team of teachers and also outside providers. The topics covered will be under the umbrella of Bright Bodies and will include:

- **Healthy Eating (Smoothie Bikes)**
- **Healthy Heart and a Skipathon in aid of the British Heart Foundation**
- **Alcohol and Alcohol Misuse**
- **All About Me – Girls separate to boys looking at body change/BMI/awareness re: breast and testicular cancer and self-checks.**

Although the above areas are of great significance, I am writing to make you aware of the topics being covered. I hope with sending this now it will give you time to reflect and contact me to discuss matters or concerns further if required. At the very least so you are prepared for conversations that may arise after the event.

I hope the information given is of use. Please feel free to contact myself or Miss Box (Yr7 Achievement Leader) should any matters arise.

Yours sincerely

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