



Thursday 16th November 2017

Dear Parent

Year 12 Bright Day (1)

Friday is our first Bright Day of the year and our theme for Year 12 students is promoting good health and wellbeing. This day is a pastoral day and students are expected to be in for every lesson. Students have already made their choices for the day. For your information choices are as follows:

Guidance - Students do not normally attend on Friday but because we have a guest speaker coming in to talk to them during period 1, we have requested that they come into Sixth Form. Fridays are usually 1-1 tutorials with tutors to discuss any concerns and plans for the future. These will now be held on Thursday and Friday next week. However, students who do not have a tutorial booked next Thursday will not have to attend Guidance.

Period 1 - John Dabrowski (Mental Health & Resilience)

Period 2 to Period 5 - choices:

- Arts and Crafts
- Mindfulness
- Yoga
- Cake and Natter
- Mentor Training
- Football (Period 1 and 2 only)
- Building a Positive Mind Set
- Driving Theory & Car Maintenance

I really want to encourage our Year 12 students to develop their resilience and wellbeing. A Level and BTEC courses can be very demanding so having a day like this to reflect, relax and hopefully enjoy should be worthwhile.

I look forward to your support in ensuring that your son/daughter does attend tomorrow's Bright Day. If you have any queries please do not hesitate to contact me.

Yours sincerely

Mr E McEwan
Head of Year 12

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