

# TRENTHAM HIGH SCHOOL

A CO-OPERATIVE TRUST COLLEGE



Allerton Road  
Trentham  
Stoke-on-Trent  
ST4 8PQ  
Tel: 01782 883200  
Fax: 01782 234537  
Email: [trentham@sgfl.org.uk](mailto:trentham@sgfl.org.uk)  
Website: [www.trenthamacademy.co.uk](http://www.trenthamacademy.co.uk)

Thursday, 06 October 2016

Dear Parent/Carer,

We are pleased to inform you that on Thursday 13<sup>th</sup> October we will be holding a SPARK (Social and Personal Attitudes to Responsibility and Knowledge) Day. This is the first day of the six days this year in which we will cover various personal, social, health, citizenship and enterprise activities. As a result the school timetable has been collapsed for this day only and the students will take part in the following activities:

## Year 7

Year 7 students will be focusing on a number of different topics including what are British Values, self-awareness as a learner and E-Safety. They will also be completing the Great Egg Drop Challenge where they will work and communicate as a team, using their skills and knowledge to complete the challenge. They will also look at their right and responsibilities.

## Year 8

Year 8 students will be learning about self-determination as a learner, the importance of having a positive mind and what this means, drug awareness, positive relationships and the menstrual cycle. Boys and girls will be split during the delivery of the menstrual cycle.

## Year 9

Year 9 students will look at careers and career development; this will help the students prepare for their subject preferences in the Spring Term. They will also be learning about human rights. The students will then have 3 lessons focusing on health topics, which are neglect and abuse, underage pregnancy and sexual health.



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## Year 10

Year 10 are having a lesson on careers and another which is about the apprenticeship scheme. They will also look at body image and alcohol awareness. We are also pleased to invite the local dementia association into the school where they will be delivering a lesson to the students on dementia awareness.

## Year 11

Part of day will focus on various aspects to help the students with their current studies and future development. They will have a careers lesson on self-improvement as a learner, a lesson on revision skills and a further lesson on stress management. The students will also have a lesson on sex and relationships. We have MIND attending who will talk about mental health and will also cover suicide.

The usual high standards regarding dress and behaviour are expected.

If you have any questions, please contact the school.

Yours sincerely,

Miss J Gibson  
PSHE Coordinator

