

TRENTHAM HIGH SCHOOL

A CO-OPERATIVE TRUST COLLEGE



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Tuesday, 15 November 2016

Dear Parent/Carer,

We are pleased to inform you that on Tuesday 22nd November we will be holding a SPARK (Social and Personal Attitudes to Responsibility and Knowledge) Day. This is the second 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 self-improvement as a learner, and self-esteem. They will also be taught how to build resilience through challenges and knockbacks, community, emotional and mental health and by being the best that they can be. Another lesson will be on scotomas. The students will gain knowledge and understanding of scotomas and resilience while also developing their iPad skills. The fifth lesson is called 'free your feet'. This lesson has been developed in conjunction with Stoke-on-Trent Council and it is to encourage students to walk to school or part of the way to school. The students will walk around local streets around the school and they evaluate the route and any issues, e.g. uneven pavements. Any issues which are identified will be reported back to the council.

Year 8

Year 8 students will be learning about self-improvement as a learner and about having a positive body image and influence of the media. They will also have a talk from our local police community support officer on road safety. Eating a healthy nutritional breakfast is not only important for a student's individual health and wellbeing, but it helps improve mental performance and concentration while learning is taking place. Year 8 students will therefore be taking part in a healthy breakfast lesson where they will be advised on the benefits of a healthy breakfast and sample various foods. They will also have a lesson on challenging stereotypes.



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Year 9

Year 9 students will participate in lessons on self-determination, human rights, underage pregnancy and community cohesion. They will also have a lesson about sexual exploitation. Part of this lesson will also raise awareness of the practice of female genital mutilation (FGM). This lesson is suitable for the age and helps to inform young people of the facts and issues around FGM. This procedure is performed at a variety of ages and so it is vital that awareness is raised to change attitudes and correct misinformation which will help to stop the abuse.

Year 10

Year 10 students will have a lesson on Government spending and another on the European Union. They will also have a lesson from the Local Authority Health Team on sexual relationships. There will also be a lesson on drug awareness. MIND will be coming in to talk to them about mental health issues including where they can go to for advice and the importance of a healthy mind.

Year 11

Year 11 students will have a lesson on mock interviews etiquette and they will also have a careers talk from DHL who are a local company. They will also have a wellness coach coming in from Changes Health and Wellbeing. The coach will provide a general overview of mental wellbeing and how our thoughts affect us. We are also have a personal trainer attending the day who will do a crossfit lesson with the students and talk to them about the importance of exercise. They will also be having a lesson on alcohol awareness.

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

