

Tolworth Girls' School & Sixth Form

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18 October 2018

Dear Parent/Carer

Whole School Curriculum Day - Wednesday 14 November 2018 Year 9 - Taking Care of Me

I am writing to inform you that there will be a Whole School Curriculum Day on **Wednesday 14 November**. On this day the normal timetable will be suspended to allow students the opportunity to explore a theme they are studying in tutorial in greater depth.

Year 9 are currently working through the *Taking Care of Me* unit in tutorial. The unit is all about how we take care of ourselves in life, both physically and emotionally. This Curriculum Day will be an extension of this unit and will cover the following:

- Mental Health: Strategies for mental wellbeing and finding support
- Online Safety: How to ensure that online activity is appropriate and information secure
- Safety on Public Transport: Ways to keep safe and report unwanted behaviour
- Sexual Health: Respect, consent, law, contraception, STIs and addressing myths
- Smoking: Awareness of risks to health, statistics and giving up

This is a really important day where students will engage with issues relevant to young people today. Our aim is for students to be able to sensibly navigate through some of the challenges which lie ahead of them, and to give them information to help them to make wise choices.

Students should arrive in school as normal for an **8:30am** start in their **school uniform**. They should register in their form rooms before beginning their first sessions at 8:35am. The Windmill Café will be open as usual for break and lunch and the day will finish at **3:25pm**.

If you have any questions or concerns regarding the content being covered on the day, please do contact me directly.

Yours faithfully

Mr F Otermin Ruiz

Head of Year 9

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INVESTOR IN PEOPLE

