

Dear Parents and Carers

Healthy Lifestyle Days:

Tuesday 9th November and Wednesday 10th November

One of the great strengths of St Mary's is our commitment to educating the whole child. Our SMCC Experience enables us to give every child high quality experiences beyond classroom lessons that will help them become well rounded adults.

We understand the pressures that some teenagers face and the aim of this day is to encourage our students to achieve healthier lifestyles by making the right choices. We have identified some of the age appropriate key issues where we know young people of their age have crucial decisions to make.

In order to facilitate this we are organising a Healthy Lifestyle day on Tuesday 9th November for Alpha forms and Wednesday 10th November for Beta form groups.

Sessions on each of the days will be facilitated by professionals and experts in the field of living a healthier life, such as and how to deal with changing emotions as they enter their teenage years and puberty, Internet Safety, Healthy Eating, First Aid and Road Safety

We are looking forward to this very important and worthwhile opportunity and thank you for your continued support.

Yours sincerely

Mr P Mcloughlin
Headteacher