



Drop-Down Day - Health & Wellbeing - Friday, 24 October 2025

Dear Parents and Guardians,

I am writing to inform you about an important and enriching curriculum day we have planned for all pupils on Friday, 24 October.

This day will be a 'Drop-Down Day,' where the normal timetable and scheduled lessons will be suspended. They will be replaced by a full day of focused, bespoke sessions centered around the critical theme of Health: Mental and Physical Wellbeing.

The importance of mental and physical health in supporting young people's learning and overall development cannot be overstated. These sessions are specifically designed to address key areas of the PSHE (Personal, Social, Health, and Economic) and RSE (Relationships and Sex Education) elements of our curriculum, providing pupils with essential life skills.

Key Details for the Day:

**Bespoke Content:** To ensure the content is high-quality, engaging, and relevant, we have developed a bespoke programme for each year group, tailoring the topics to their specific needs and age-appropriateness.

**External Providers:** To make the day as effective and high-quality as possible, many of the sessions will be led by specialized external providers who will deliver engaging workshops and activities.

**School Day Timings:** Please note that the school day will maintain its usual start and end times.

For Year 11 parents please ensure your child has signed up to a Healthy Lifestyle session using the Google Form sent out on ClassCharts.

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**Headteacher: Mr A Weatherhogg**

## Content overview:

Year 7: First Aid training, body changes, managing emotions and a session on healthy workouts to do at home.

Year 8: Substance use and risks, healthy relationships, managing stress and anxiety and a session on healthy workouts to do at home.

Year 9: First Aid training, recognising mental health concerns and where to find support, sexual health and a session on healthy workouts to do at home.

Year 10: Healthy relationships, sexual health, coping strategies for mental health and a session on healthy workouts to do at home.

Year 11: Healthy lifestyle session (students have a choice of 8), sexual health, managing mental health stress and anxiety and a session on effective revision strategies.

## Action Required by Parents/Guardians:

1. Dress Code: All pupils are required to attend school in their PE kit for the full day.
2. Outdoor Activities: As some activities may take place outdoors, please ensure your child brings a suitable waterproof coat.

We are confident that this dedicated day will be an extremely valuable and memorable experience for all our pupils.

Thank you for your ongoing support.

Yours sincerely,



Mr. T. Brain  
Assistant Headteacher  
The Wordsley School

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