



# ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

## Year 10 Careers Day – Monday 19<sup>th</sup> July

Dear Parents/Carers

We are really proud of how our Year 10 students have overcome many of the challenges presented to them this year, they have shown great character and resilience.

Students are now looking forward to a summer break, aware that they will face further important challenges in their school life in Year 11. We have been encouraging them to be positive, plan ahead and to keep healthy; limit screen time and visit friends, get outside and exercise where possible. To help support our students, we are planning a 'Careers and Health' day on Monday 19th July, where Year 10 students will be off-timetable and engage in a range of learning workshops.

Interactive activities designed to explore their future world of work will provide the key focus during the morning sessions of the day. In preparation for this we are encouraging all students to conduct two, short questionnaires exploring past and present patterns of work which they will need to bring along on the day. We would welcome your support in helping them to complete this activity. The morning will lead students into Year 11 careers work and post-16 planning.

The afternoon workshops promote different aspects of health and decision-making and an awareness of some of the challenges that can affect this. St Aidan's teachers will cover topics surrounding consent and relationships, physical health and diet, sexual health and contraception and North Yorkshire Police will be in school to speak about dangerous behaviours.

Similar events in previous years have been a great success with students benefitting from experienced staff delivering important content in a supportive environment.

With best wishes

Mr Alker

Head of Year 10

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