



Our ref: JHA/HBU

18 September 2018

Dear Parent

### Year 10 ECO Day – Personal Safety Day - Friday 21 September 2018

The Carlton Academy is committed to providing all students opportunities to extend and enrich their learning experiences in school. As part of this, we run three 'ECO' days per year: ECO standing for Enriching Curriculum Opportunities. Each of the three days involves all students in the school – to facilitate this, timetables will be suspended for all students on these days. Every day is curriculum-focussed linking directly to aspects of our curriculum including PSHE, Careers Education, Enterprise, Citizenship and Sex and Relationship Education.

The date of the next ECO day is **Friday 21 September 2018** and all students will be informed about the details of this day through the coming House assemblies. The structure of the school day will largely remain the same and normal school uniform and equipment are required as usual. Students go to their normal timetabled period 1 lesson on this day and at 9am they will move to a different room and begin participating in a series of Health and Wellbeing workshops. The details of rooming's for 9am onwards will be communicated to students in the coming assemblies and will be reinforced in next week's tutor time.

The theme of this ECO day is Personal Safety focusing on sex and relationship education and how students can stay safe. Sex and Relationship Education is a legal requirement in the school curriculum and this day has been carefully co-ordinated and arranged with a number of external agencies to be informative yet delivered in a sensitive and age-appropriate way.

The day will include

- **A drama performance by Pintsized Theatre Company titled 'Kids having Kids;** and a workshop that investigates the potential consequences of unprotected sex at an early age and raises awareness of the related issues.
- **Brook - the UK's leading provider of sexual health services and advice for young people** under 25 – will be delivering a session on contraception and Sexually transmitted diseases.
- A session on the dangers of sexting, protecting themselves online and also the risks of internet grooming.

We believe the ECO Day programme has significant educational benefits to students and the planned programme across their seven years in school is of a high quality and both educationally engaging and fun.

When all schools deliver their PSHE agenda there is a legal duty to offer parents an 'opt out' offer and to this end, you do have the right to remove your child from lessons one and two as here there is an informative drama performance that looks sensitively at issues of a sexual nature. If you did wish to remove your child please contact me via email at [j.harris@theacademycarlton.org](mailto:j.harris@theacademycarlton.org) and alternative provision can be made for these two hours.

We hope that your child really enjoys the day and has a memorable experience.

Yours sincerely

*John Harris*

Mr J Harris  
**Assistant Headteacher**