Our ref: JHA/HBU

18 September 2018

Dear Parent

Year 8 ECO Day – Marvellous Minds Day

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.

The ECO programme covers all school years from 7 to 13 and the days will provide learning opportunities in the form of in-school educational activities, visits from external agencies and groups, events and trips. 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 have already been informed of this through the House assemblies. The structure of the school day will remain the same and normal school uniform and equipment are required as usual. Rooming's for the day will alter and this change will be communicated to students in the planned **afternoon year group assembly on Monday 9th.** On this day Year 8 students will explore aspects of a growth mind-set, memory techniques, time management, resilience and coping with stress in order to help them achieve 'the right balance'.

The learning aims of the day are:
  • To help students to understand the role and function of the brain
  • To learn techniques and strategies to support future learning and emotional development

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

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

Yours sincerely

John Harris

John Harris
Assistant Headteacher