



Our ref; JHA/HBU

18 September 2018

Dear Parent

Year 9 ECO Day – Health 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.

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. On this day, Year 9 students will be included in a session on health issues that are specific to teenagers (exam stress, dealing with peer pressure etc) and coping strategies, there will be a session on sex education, with an emphasis on relationships, personal space and consent and a session on living with disability.

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. Students go to their normal timetabled period 1 lesson on this day and at 9.00am 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.**

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 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 the one lesson that looks sensitively at issues of a sexual nature. If you did wish to remove your child from this single lesson then please do contact me personally via email to j.harris@theacademycarlton.org and alternative provision can be made.

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

Yours sincerely

John Harris

Mr J Harris
Assistant Headteacher

