



# THE ECCLESBOURNE SCHOOL

*'Learning Together For The Future'*

Head Teacher  
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1 July 2025

Dear Parent/Carer

## YEAR 9 HEALTH DAY 2025

On Wednesday 16<sup>th</sup> July 2025 all Year 9 students will be involved in 'Health Day' an event organised by the Personal Development and Citizenship department.

The aim of the day is to inform students on health and wellbeing and to offer them the opportunity to take part in a range of engaging physical activities.

Students will take part in a selection of activities from the list below:

- Golf
- 'Army Encounter'
- Martial Arts
- Street Dance
- Kingball
- Yoga
- On the 15<sup>th</sup> of July, students will receive a PDC lesson focusing upon mental and physical health.

In addition to these sports, students will attend an information session on contraception and sexually transmitted infections. This will be delivered by Derbyshire Community Health Services. All students will also attend a session on defibrillation training.

From September 2020, the teaching of Relationships, Sex and Health Education (RSE), became a statutory element of the secondary school curriculum. Our forthcoming health day supplements the teaching of this requirement. We also hope that taking part in potentially new activities will take students out of their comfort zones, allowing them to build confidence and discover enjoyment of new sports.

Regarding arrangements for the day, students should arrive to school in their **PE kit**. They should bring plenty of water with them. They will also need a hat and sunscreen, if appropriate. Due to the possibility of inclement weather, we also request that students bring a raincoat. We suggest you look at the weather forecast the night before the event and ensure that your child is prepared accordingly.

Students will need to bring a pen, but no books will be required for the day.

Thank you for your support.

English Teacher  
Head of PSHE and Literacy Intervention Co – Ordinator