



THE ECCLESBOURNE SCHOOL

'Learning Together For The Future'

Head Teacher
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Dear Parent/Carer

Year 9 Health Day – 2026

On Wednesday 15th July 2026, our Year 9 students will be taking part in Health Day. This is part of their Personal, Social, Health and Economic Education (PSHE).

Since September 2020, the teaching of **Relationships, Sex and Health Education (RSE)** has been a statutory part of the secondary curriculum. Health Day is designed to enrich and extend this learning, giving students the opportunity to explore important aspects of their physical and emotional wellbeing.

Throughout the day, students will move around a carousel of activities and workshops, including:

- **Sporting taster sessions**, provided by Ecclesbourne PE staff and Amber Valley School Sport Partnership. These sessions encourage students to try new physical activities.
- **Building and maintaining good mental health**, provided by Derbyshire Community Health Service.
- **Information on contraception and reference to sexually transmitted infections**, provided by Derbyshire Community Health Service.
- **CPR – how to use a defibrillator**, provided by Belper First Responders. If time allows, this session may also include some basic first aid. There will be discussion about injury during this session.

In lessons leading up to Health Day, PDC lessons will focus on **healthy eating**, helping students understand how to identify and maintain a balanced diet and how this supports both physical and mental wellbeing.

Arrangements for the Day

To help the day run smoothly, please ensure:

- **Your child arrives in their PE kit.**
- **They bring plenty of water**, as several sessions involve physical activity.
- **They are prepared for the weather** — a hat, sunscreen, or a raincoat may be needed for outdoor workshops – please look at the weather forecast in advance of the day.
- **They bring a pen**; no books are required for the day.

Health Day is always a very enjoyable event. It is wonderful to see students stepping out of their comfort zones, trying new activities, and deepening their understanding of how to look after themselves and others.

We would also like to extend our thanks to **The Ecclesbourne PSFA** for their continued support in making this event possible.

If you have any questions, please do not hesitate to get in touch.

Yours sincerely

Annie Bell