

05 March 2025

Dear Parents and Carers,

**Yr8 Future Me Day – Thursday 10<sup>th</sup> April 2025**

As a part of your child’s education at Stockport Academy we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

On **Thursday 10<sup>th</sup> April 2025** your child will be taking part in the following sessions:

5 ways to wellbeing 206
Community 207
Improving Self Esteem 208
Skills for Success 209
Resilience & Entrepreneurship 210
Bullying 211
Conflict Resolution 212
Talk Listen Change

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values, as well as being crucial to our Future Me toolkit.

If you would like to find out more or discuss any concerns, please do not hesitate to contact me on the main school number.

Thanking you in advance for your support.

Yours sincerely,

Miss Stirling

