

Monday 6 February



I can't quite believe that we are just one week from half-term. The start of the year has been action packed and this week is no quieter.

This week we hold our bi-annual Diversity week. This year we have themed the week around the title "Understanding ME and YOU". We know that if we feel more comfortable in ourselves we tend to show more tolerance and understanding of others. The purpose of week is:

- To raise awareness of different groups within society – gender, ethnicity, race, belief and faith, disability, age, sexuality;
- To celebrate and understand differences within society;
- To prepare our students for life in modern Britain i.e. to be an active part of democratic life; to promote British values, including freedom, tolerance, respect for the rule of law, belief in personal and social responsibility;
- To promote the importance of students looking after their own health – physically and mentally.

To see a copy of the full programme for the week please click [here](#).

On Monday, as part of Diversity Week we welcome parents and carers to a talk by Dr. Hazel Harrison. In "Surviving or thriving the teenage years" clinical psychologist Dr. Harrison will talk about approaches to positive mental well-being that we can all employ with young people, a "five a day" for the mind. The talk starts at 7.00pm in the school Hall and will last around 1½ hours.

Also this week, we welcome Year 10 parents and carers, for their Parents' Evening, as they chat to teachers about how their son or daughter have embarked upon their GCSE studies. On this theme, on Friday, Year 11

students will receive their annual reports, detailing the progress they have made in the mock examinations and looking forward to what they need to do in preparation for the summer examinations.

Julia Upton