



# Stockport Academy

The best in everyone™

Part of United Learning

Stockport Academy

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Dear Parents and Carers,

On Thursday 29th January, our Year 7 students will be taking part in a dedicated Future Me Drop Down Day designed to enrich their PSHE curriculum and further strengthen their character and personal development. This day forms an important part of our commitment to nurturing well-rounded, confident and compassionate young people who are equipped with the knowledge, skills and virtues they need to flourish both in and beyond school. It also supports our Future Me programme, which encourages students to think aspirationally about who they want to become and the character they need to develop to get there.

Throughout the day, students will take part in a series of carefully planned sessions, each designed to build key aspects of their character, wellbeing and understanding of the wider world. These include:

- **Self Esteem – “Respect Me”** - session helps students understand their self-worth and develop the confidence to value and respect themselves and others.
- **Positively You – Resilience**- Students explore how to bounce back from challenges, building resilience and a positive mindset that supports their future growth.
- **British Sign Language** - This session introduces students to BSL, promoting empathy, inclusion and respect for diverse communication needs.
- **Five Ways to Wellbeing** - Students learn practical strategies to support their mental and emotional wellbeing, helping them develop healthy lifelong habits.
- **Elevation Power the Drive** - This workshop inspires students to set goals, stay motivated and take responsibility for becoming the best version of their “Future Me”.
- **Online Safety** - Students develop the awareness and judgement needed to stay safe, responsible and respectful in the digital world.
- **Healthy Relationships** - This session teaches students how to build positive, respectful and safe relationships, both in and beyond school.
- **Kindness PIE** - Students explore the importance of kindness, empathy and positive actions, understanding how small choices can strengthen character and community.

Each session has been selected to support students in developing essential virtues such as respect, resilience, empathy, responsibility and kindness. The day will encourage them to reflect on who they are now, who they aspire to be in the future, and how their daily actions and choices contribute to becoming their Future Me. This aligns closely with our whole-school approach to character, helping students understand how they interact with others and how they can make positive contributions to their community.



*Graded “Good” across all areas – OFSTED 2025*

Principal: Mrs Janine McCann BA Med NPQEL



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This is a valuable opportunity for our Year 7 students to deepen their understanding of themselves and others, strengthen their confidence, and build the character foundations that will support them throughout their time at school and into their future lives.

Thank you for your continued support in helping us provide meaningful and impactful experiences for your child.

Kind regards,

Miss Kerris Stirling  
Assistant Principal