



23<sup>rd</sup> February 2026

Dear Parents and Carers,

## Year 8 Future Me Day

On Thursday 26th January, our Year 8 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:

- **Bullying-** Students explore what bullying looks like, why it happens, and how to challenge it safely and confidently. They learn how to recognise harmful behaviours and how to seek support for themselves or others.
- **Sleep Hygiene** This session helps students understand the importance of healthy sleep routines. They learn practical strategies to improve sleep quality, boost concentration, and support their overall wellbeing.
- **Gratitude** Students reflect on the role of gratitude in building a positive mindset. They explore how recognising the good in their lives can improve resilience, relationships, and emotional wellbeing.
- **Self-Esteem** This session supports students in understanding their strengths, valuing themselves, and developing confidence. They learn how positive self-talk and healthy habits contribute to strong self-esteem.
- **Active Bystander** Students learn how to safely and responsibly intervene when they witness unkind or harmful behaviour. The session empowers them to make positive choices and support others in their community.
- **Budgeting** This workshop introduces students to basic money management skills. They explore budgeting, spending choices, and financial responsibility to help prepare them for real-life decision-making.
- **Mental Health** Students gain a deeper understanding of mental health, including how to recognise signs of stress and how to access support. They learn strategies to maintain positive mental wellbeing.
- **Problem Solving Robot Quest** In this interactive session, students work together to solve challenges using logic, teamwork and creativity. The activity encourages resilience, communication, and strategic thinking.



*Graded "Good" across all areas – OFSTED 2025*

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.

This is a valuable opportunity for our Year 8 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