



6th February 2025

Dear Parent/Carer

As you know, students in school have weekly **LIFE** lessons in which they are taught about life skills and knowledge beyond the curriculum.

So far, students in year 10 have discussed topics such as tolerance, extremism, multi-faith and multi-ethnic communities, politics, dealing with feelings such as anxiety, stress, and being overwhelmed, and are currently having careers guidance in these lessons.

As part of our wider **LIFE** offer, students in year 10 will be watching a performance and taking part in workshops by The Invisible Man Theatre Company on the afternoon of Wednesday 5th March. Commissioned to examine Mental Health and what constitutes a healthy relationship, the play - Inside Out - follows several young people in their mid-late teens to see how the world they live in impacts on their wellbeing.

We know from past experience that our year 10 students benefit hugely from this experience, but we also know that watching the play can be quite difficult for some young people, particularly if they haven't been forewarned. The play actively avoids labels to conditions, but the action directly examines self-harm, anxiety and depression and eating disorders, and also explores teenage pregnancy, child sexual exploitation and a suite of behaviours and environmental conditions that may lead to deteriorating mental health for us all.

We strongly advise that all year 10 students take part in this enrichment experience, but also wish to reassure you - as those that love and care about them - that support from the ethos team, pastoral support assistants and Head of Year will be on hand should they need it.

If you would like to ask any more questions about the play or would like to be in touch about your son/daughter taking part, please do not hesitate to contact me at the email address below.

Yours faithfully

Mrs Lizzi Fox
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