

Dear Parents and Carers

**Healthy Lifestyle Day: Friday 9<sup>th</sup> or Friday 16<sup>th</sup> February**

One of the great strengths of St Mary's is our commitment to educating the whole child. We believe in giving every child quality experiences beyond classroom lessons that will help them become well rounded adults.

We understand the pressures that some teenagers face and the aim of this day is to encourage our students to achieve healthier lifestyles by making the right choices. By addressing particular issues now, we hope to encourage our students to live in a more healthy way.

In order to facilitate this we are organising 'A Healthy Lifestyle day' on either Friday 9<sup>th</sup> or Friday 16<sup>th</sup> February. The pupils will only attend one day dependent on their half of the year.

Sessions on each of the days will be facilitated by professionals and experts in the field of living a healthier life, such as emotional health and well-being, improving confidence and self-esteem, sexual health, relationships, healthy eating and lifestyle, on-line counselling services, road safety and internet safety.

The pupils will experience the following:

**Road safety** - led by Wirral Road Safety. The pupils will be learning about the main causes of road traffic incidents in their age group and how they can reduce their risk and stay safe.

**Koothe** - led by an integration and participation worker. The pupils will be learning about an online counselling, advice and support service for young people aged 11-18 in the area. They will be made aware about Koothe and how they can offer support in all areas of life.

**Heath Services in Schools** - is a confidential drop in service delivered in all Wirral Secondary Schools for young people. The aim of the sessions is to provide young people with information on all health related matters and how to be resilient.

**Healthy Eating** - the pupils will be learning how to have a healthier diet and how to produce their own healthy meal.

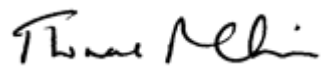
**Internet Safety** – run by Merseyside Police. The pupils will learn how to stay safe on the internet.

We are looking forward to this very important and worthwhile opportunity and thank you for your continued support.

Yours sincerely



**Mr A Boyle**  
Headteacher



**Mr T Quinn**  
Executive Head Teacher