



Friday 24th May 2019

Dear Parents/Carers,

**Year 10 Health and Well-being week 2019**

We are delighted to inform you that the SMSJ 'Health and Wellbeing week' will run from Monday 15th July to Friday 19th July 2019. This is an opportunity to reward students for their tenacity during the academic year, reflect on their achievements and be both healthy and safe over the summer holiday. Please see the itinerary for your child's week and additional information:

<b>Monday 15th July</b>	Outdoor Activities	Students will either take part in sports activities run by Kevin Randall Academy or go to Welsh Harp for Watersports and will travel from Bennett House to the appropriate activity centre. Students will be able to sign up to either activity after half term (45 places available for Watersports). Student will need to either wear their PE kit or suitable clothing for Watersports.
<b>Tuesday 16th July</b>	Saracens Sports Foundation Day 1	Students will be learning about a variety of PHSCEE topics including SRE, Healthy Relationships, Anti-grooming, Anti-bullying and Mental-health/Positive Well-being. These will be delivered by Saracens Sports Foundation
<b>Wednesday 17th July</b>	Thorpe Park Reward Trip	Leaving at 09:30 a.m and arriving back to SMSJ for 6:30 pm. Students are not required to wear their school uniforms and will need to bring a packed lunch. [Please note students must have met our conduct criteria as communicated by PAMs in order to attend Thorpe Park ]
<b>Thursday 18th July</b>	Saracens Sports Foundation Day 2	Students will be learning about a variety of PHSCEE topics including SRE, Healthy Relationships, Anti-grooming, Anti-bullying and Mental-health/Positive Well-being. These will be delivered by Saracens Sports Foundation
<b>Friday 19th July</b>	House Celebration	Students will celebrate the year in their Houses' and will take part in our inaugural SMSJ House assemblies: <ul style="list-style-type: none"> <li>• 10L register in Stamford Raffles Hall</li> <li>• 10D register in Stamford Raffles Hall</li> <li>• 10E register in Stamford Raffles 6th form centre</li> <li>• 10F register in Bennett House Canteen</li> </ul>

Due to the costs of activities within our programme, we will be charging students £50.00 each. This is a heavily subsidised offer and enables all students to attend. To ensure a smooth running of the week, payment is due on Monday 8th July via parent pay.

If you have any questions or queries about the week please email your question to: [office@smsj.london](mailto:office@smsj.london) citing 'Health and Wellbeing week' as the subject to ensure that it reaches the correct member of staff.

Yours sincerely,

Mr Laurence Fox  
Assistant Principal

Location of Unitas Youth Zone, 76 Montrose Ave, Edgware HA8 0DT

