



Friday 24th May 2019

Dear Parents/Carers,

Year 7 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:

Monday 15th July	Thorpe Park	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]
Tuesday 16th July	PSHCEE Day	Based at Bennett House , all Year 7 students will get a top-up on their PSHCEE to ensure they are safe over the summer holidays. Topics will include Healthy Relationships, British Values, Anti-bullying, The Law and Online Safety. No packed lunch needed. Students need to wear their uniforms.
Wednesday 17th July	Visit to UNITAS and Sports Day	Students will meet staff at UNITAS Youth Zone, 76 Montrose Ave, Edgware HA8 0DT at 9:30 a.m. (or escorted from school, leaving at 8.30am), where they will spend the morning. They will then get the underground to Hendon Central to attend Sports Day at Neale House Campus. Students will need a packed lunch for the day, and wear their PE kit.
Thursday 18th July	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.
Friday 19th July	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"> ● 7L register in Stamford Raffles Hall ● 7D register in Stamford Raffles Hall ● 7E register in Stamford Raffles 6th form centre ● 7F register in Bennett House Canteen ● 7A register in Bennett House Sports Hall ● 7N register in Bennet House atrium

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 citing 'Health and Wellbeing week' as the subject to ensure that it reaches the correct member of staff.

Yours sincerely,



Mr Fox
Assistant Principal

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

