



# ULVERSTON VICTORIA HIGH SCHOOL



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Our Ref:

*Every day is a learning day*

## Emotional Resilience Day @ UVHS

Dear Parents

On Thursday 22nd March, UVHS is hosting an 'Emotional Resilience Day' on behalf of the Ulverston and District Educational Collaborative Community (UDECC) – this is a consortium of all the schools in and around Ulverston, including your child's school. At UVHS we really value the importance of safeguarding our students' mental and emotional health, and work hard to try and ensure that every pupil has the opportunity to achieve to the very best of their ability.

As you are probably aware, the half-term after Easter can be an incredibly stressful one for certain cohorts of students, with Key Stage 1 & 2 tests as well as GCSE and A Level exams. To assist the pupils in their preparation for the Key Stage 1 & 2 SATS and GCSEs respectively, UDECC is very keen to promote and develop the emotional skills required to prepare for exams successfully whilst protecting the mental wellbeing of all concerned.

***On Thursday 22<sup>nd</sup> March we are delighted to be welcoming Sumo4Schools, a specialist provider in the field of developing a resilient attitude to life, maintaining morale, improving motivation and coping with stress. The first session is for Year 2 pupils - rather than taking your child to Croftlands Infant & Nursery School as usual, please arrange for them to be dropped off at UVHS between 8.50am and 9am.***

Mrs Henderson, Mr Stewart, Mrs Southall and Mrs Jenkinson will be outside the main entrance to mark them present and show them into the Main Hall. Once the 1-hour session has finished, your child and his/her class will walk back to Croftlands Infant & Nursery School and continue their day as normal.

For the rest of the day, Year 6 and Year 11 students will attend a 90-minute session each, and then, after school, all members of staff from UDECC schools will also receive training in emotional resilience.

The whole day has been sponsored and transport costs kindly covered by the SLDC Children and Young People's Working Group, so there is no charge to you at all.

I hope you appreciate the importance of how this could help your child in the run up to his/her SATs, and that you feel secure in the knowledge that you are fully supported by your school.

Yours sincerely,

Richard Butler MBE  
Assistant Headteacher