

29 April 2022

Dear parents and carers,

Year 9 Off-Curriculum Day

I am delighted to let you know that Year 9 will participate in an off-curriculum day on Friday 6 May. Students will be off timetable all day and participating in various workshops and activities. The theme for the day is focused on Body Empowerment and we have chosen to take part in the “Be Real Campaign” for body confidence because many young people aged 11 to 16 have concerns about how they look. This could be the result of going through puberty, comparing photos on social networks, seeing photos of ‘perfect’ appearances in advertisements, or any contribution of these and other factors in today’s society.

Research has shown that when young people lack body confidence, it can lead to:

- poorer classroom participation and performance
- poorer mental and physical health
- opting out of basic life activities like going to the doctor, joining a sports team or club, or even giving an opinion in class.

By supporting body confidence throughout our school, we hope to boost our students’ mental and physical health, and give them the best chance to be as successful as they can at school.

The off-curriculum day will involve a body image assembly, a practical yoga session and classroom-based activities to help change attitudes and improve young people’s confidence. The assembly will be delivered by an outside company called the ‘Self-Esteem Team’.

Please note that students will need to attend the off-curriculum day in school PE kit. The timetable of the day will be released for students next week.

Attendance is expected and we hope that students will take full advantage of these sessions and find them rewarding and motivating. We hope that these sessions will enable students to feel positive and confident about their own bodies so they can interrogate and challenge body confidence issues in addition to encouraging and accepting individuality whilst showing respect to other people.

You can find out more about the Be Real Campaign by visiting www.berealcampaign.co.uk

If you have any questions regarding this day, please do not hesitate to contact me by email at awehrle@wealdgs.org

Yours sincerely,



Mrs A Wehrle
Extra-curricular Coordinator

Headteacher: Mrs E Bone BA (Hons), MA
Tudeley Lane, Tonbridge, Kent TN9 2JP
Tel: 01732 373 500

Email: school@wealdgs.org
wealdgs.org

Weald of Kent Grammar School Academy Trust

Charity, incorporated in England and Wales
Registration Number 7451660, Limited by Guarantee