

St Wilfrid's Catholic School

'The best for all; the best from all'

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Headteacher: Michael Ferry BEd (Hons) MA NPQH

Diocese of Arundel & Brighton and West Sussex County Council

26 January 2017

Dear Parent/Carer

Immersion Day Wednesday 1 February 2017

We are writing to inform you of the content of the day's activities for Year 10 which will support their PSHE (Personal, Social and Health Education) curriculum. The theme for the day is: **'Rebuilding Body and Soul'**. Students will be encouraged to reflect on the importance of looking after their health and being aware of the effects of smoking, alcohol and drugs.

Lesson 1: Consideration of the effects of smoking and the difference between legal/illegal drugs (tutor led)

Lesson 2: Effects of alcohol on individuals and society (led by outside speaker)

Lesson 3: Broken Bodies Broken Minds – the pioneering work of McIndoe and his wartime 'guinea pigs' (led by outside speaker)

Lesson 4: Follow up to lesson 3 (tutor led)

Lesson 5: Students to watch the Oscar winning documentary 'Amy' (tutor led) *

Lesson 6: Students to work in IT rooms researching various 'drugs cheats' and participating in class discussion on the ethics of performance enhancing drugs in sport (tutor led)

***The critically acclaimed, Oscar winning documentary 'Amy' focuses on the life and early death of singer Amy Winehouse. The film has a 15 certificate because it includes some scenes of drug taking although the main part of the film focuses on her early talent, rise to fame and huge potential. The film does *not* glamorise drug taking – on the contrary. However, if you would prefer your son/daughter not to watch this film please would you inform their tutor before next Wednesday and alternative arrangements will be made for your son/daughter to participate in an alternative lesson.**

Yours sincerely

Karen Hardy
Assistant Headteacher

Ashleigh Halling-Brown
Subject Leader for SES

