



St. Ninian's HIGH SCHOOL

Scoill Ard Noo Ninian

Our Ref: DBE/LK/Y9Dropdown

19th May 2024

Dear Parents/ Guardians

RE: Year 9 Drop Down Day – Staying Healthy and Making Informed Decisions

We are delighted to inform you of a second PSHE Drop Down Day for Year 9, which will be on **Thursday 29th May 2025**.

As you are aware 'Drop down days' are days in which students experience a range of workshops and activities provided by experienced guest speakers from the Department of Education, Sport and Culture (DESC) and other external agencies. The aim of the day is to provide and educate students in various aspects of PSHE, an introduction to vital 'life skills'. Agencies holding sessions on the day are:

- **Net Zero Isle of Man** – students will explore green skills and sustainable living. <https://www.netzero.im>
- **IOM Constabulary** – local community police speaking about recognising the signs of exploitation, how to keep safe and how to seek help: <https://www.iompolice.im/>
- **The Children's Centre** - exploring behaviours within relationships, understanding personal values and how to seek support: <https://www.thechildrenscentre.org.im>
- **Motiv8** – substance awareness and how to keep themselves safe: <https://www.motiv8.im>
- **Isle Listen** – understanding and building self-worth: <https://www.islelisten.im>
- **St John Ambulance/Manx Care** – learning life saving techniques such as primary survey, CPR and use of an AED: <https://www.sja.org.im>

Once again, we are working with the Isle of Man police this year who will be delivering their new 'exploitation' presentation. This forms part of a larger multiagency piece of work on safeguarding/exploitation on the island.

Please refer to the enclosed leaflet for further information regarding the content of the sessions.

On this occasion, it is the last day of school prior to half term students are welcome to take part as usual in a non-uniform day, (Glad Rags Day). They will still be required to bring the required stationary to school. They will not need to bring usual school books as normal lessons will not take place.

It is expected that all students attend and make good use of the discussions, workshops, time away from their usual timetable and we hope they enjoy the day. Please also note that every session is over-seen by a member of St. Ninian's staff who will be supporting the guest speakers at all times and ensuring students are fulfilling school expectations.

We hope they have a fantastic day. Should you have any further queries, please do not hesitate to contact me.

Yours faithfully,

Mrs D Benson

PSHE Co-ordinator

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*Live to Learn
Learn to Live*