



St. Ninian's HIGH SCHOOL

Scoil Ard Noo Ninian
Our Ref: DBE/DG

13th March 2026

Dear Parent/Guardian

Re: Year 10 Drop Down Day - Safety & Wellbeing

We are delighted to inform you of our first PSHE Drop Down Day for Year 10, which will be on **Wednesday 25th March 2026**.

'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:

- **Isle Listen** - A charitable initiative providing support and training in schools for the importance of communication: <https://islelisten.im/about-us>
- **IOM Fire & Rescue Service** - The fire service will be focusing on prevention of fire and risk awareness: <https://www.gov.im/categories/home-and-neighbourhood/emergency-services/fire-and-rescue-service/>
- **IOM Constabulary** - Local community police speaking about healthy relationships and how to stay safe: <https://www.iompolice.im>
- **IOM Constabulary Roads Policing Team** - Local community police exploring how to keep safe on the islands' roads both as a new driver and a passenger: <https://www.iompolice.im>
- **Manx Integrated Sexual Health Centre (MISH)** - Specialist nurses providing an overview of sexual health services on the island of which includes information on contraception and prevention of sexually transmitted infections: <https://www.gov.im/sexual-health>
- **St Johns Ambulance/Manx Care** - A first Aid charity providing a practical skills workshop on lifesaving techniques: <https://www.sja.org.uk>

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

Students will be required to wear their normal school uniform and will need their stationary in their bags. They will not need to bring any other books as normal lessons will not take place. It is expected that all students attend and make good use of the discussions, workshops and 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.

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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HEAD TEACHER Mr C. J. Coole

*Live to Learn
Learn to Live*

drop down day

year 10



We are delighted to announce the details of this year's Drop Down Day for our Year 10 students, which has been designed to enhance their regular PSHE provision. Students will spend the day enjoying workshops delivered by professionals from local agencies, the details of which can be found below.

With a focus on themes of safety and wellbeing, these workshops aim to provide young people with the information and skills needed to stay healthy and make informed decisions as they navigate the challenges and opportunities of the years ahead.

IOM Constabulary

In this workshop, young people will learn how to stay safe in relationships. This session will cover the signs of domestic abuse, the island's laws regarding abusive behaviour, and how to access support if needed.

Manx Integrated Sexual Health Centre

This session, delivered by specialist nurses, provides an overview of sexual health services on island. Nurses will also discuss the prevention and treatment of common sexually transmitted infections, and available types of contraception.

IOM Fire & Rescue Service

This session will cover common fire hazards found in the home and in social environments, with a focus on prevention and awareness of fire safety practices.

Isle Listen

This session uses a quiz show format to reinforce previous learning about key emotional health topics and coping strategies. The session will also include signposting information for seeking support if needed.

Roads Policing Team

With many young people soon learning how to drive, this session explores how to be a responsible passenger and how to keep safe on the island's roads.

St John Ambulance

In this workshop, young people will refresh previous learning of crucial lifesaving skills, including CPR and the correct use of an Automated External Defibrillator (AED).