



## St. Ninian's HIGH SCHOOL

Scoil Ard Noo Ninian  
Ref: DBE/LK

28<sup>th</sup> April 2026

Dear Parent/Guardian

### Re: Year 7 Drop Down Day – A Positive Beginning

We are delighted to inform you of our first PSHE Drop Down Day for Year 7, which will be held on **Thursday 7<sup>th</sup> May 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:

- **Kensington Arts** - A local drama organisation whose mission is to support and develop creative expression through the community: <https://kensingtonarts.im>
- **Isle Listen** - A charitable initiative providing support and training in schools for the importance of communication: <https://islelisten.im/about-us>
- **Motiv8** - A non-judgemental support service educating young people to find a healthy balance of gaming when going online: <https://www.motiv8.im>
- **IOM Constabulary** - Local community police speaking about positive behaviour in the community: <https://www.iompolice.im/>
- **IOM Youth Service** - Area workers sharing fantastic clubs and activities available to young people within their community: <https://youth.sch.im>
- **St John Ambulance** - Teaching students critical first aid and life saving skills: <https://sja.org.im>

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

### IMPORTANT

Isle Listen will be using food ingredients as part of their presentation.

This includes: digestive biscuits, custard, jelly, squirty cream and sugar sprinkles. Presenters will be made aware of specific student allergies and processes are in place in order to enable them to continue to benefit from the lesson, however, should you have concerns and not wish your child to be involved in this session **due to a specific allergy**, please advise the school and we will make the necessary arrangements.

Students will be required to wear their normal school uniform and will need their stationery 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 overseen 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

Enclosure

LOWER SCHOOL (Years 7 – 9)

Heywood Avenue, Onchan  
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+44 (0) 1624 648900

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HEAD TEACHER Mr C. J. Coole

*Live to Learn*  
*Learn to Live*

# Drop Down Day - Year 7

Your child will be participating in a drop down day which has been organised to enhance their PSHE provision.



## What is it?

Drop down days are 'off timetable' days, during which pupils attend interactive sessions led by external professionals. These sessions complement the knowledge and skills your child is developing in their regular PSHE programme.

## Who is involved?

- Isle Listen
- Motiv8
- IOM Constabulary
- St John Ambulance
- IOM Youth Service
- Kensington Arts (DESC)

This drop down day is all about supporting your child's transition to high school, and helping them to build positive relationships with themselves and others.

- In a session with **Isle Listen**, young people will learn about building healthy, supportive friendships in order to strengthen connections and personal wellbeing.
- Pupils will discover strategies for finding a healthy balance when gaming and going online in an interactive session with **Motiv8**.
- **IOM Constabulary** will talk to young people about being positive, helpful members of their communities, and how to make good choices both on and offline.
- The team from **St John Ambulance** will teach students critical life-saving skills, including first aid and the use of AEDs.
- Area workers from the **Youth Service** will share the fantastic clubs and activities happening in the local community for young people to get involved in.
- **Kensington Arts** will lead students in fun, interactive drama activities aimed at building connections.