



24th April 2023

Dear Parent / Carer,

Year 9 Drop Down Day – Friday 28th April 2023

Last year, we ran our first Drop Down Day for Year 9 and it was a great success! We have the pleasure in informing you that we will be doing it all again this year.

There is so much pressure on young people today and there has been a huge increase in young people interacting online; there are many positives to this but also negative sides too. Young people may experience struggles with relationships and their mental health and wellbeing. Friendships and relationships can be difficult for young people to navigate. There has been lots in the media regarding sexual violence and online sexual harassment. All these inevitably raise lots of questions and young people may not know the answers to lots of these, or may be looking in the wrong places, or may not even know where to begin.

As a result of all this, we feel it is important to educate our young people so that they are able to make informed choices regarding their safety online, in relationships and to navigate the world around them. We appreciate that some of the subjects being covered may be uncomfortable and sensitive, but we cannot shy away from the fact that our young people are experiencing so many different things, that may be very different to our own upbringing and experiences of being young.

All Year 9 students will be off timetable for the day and our Student First Team are excited to be bringing a whole day of activities and workshops to our Year 9 students in what will be a fun and informative day!

Please find attached the overview of the day.

Yours faithfully,

The Student First Team

studentfirst@buckinghamschool.org

equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence to finance@buckinghamschool.org, if you wish to seek assistance, or obtain more information about Pupil Premium funding.

Year 9 Drop down – Objectives of the day

Each session is 30 minutes long and every group will go round each workshop on a rotational basis

Jamie Denyer – One Punch Can Kill

Jamie Denyer

The day will begin with the whole of Year 9 having a talk by Jamie Denyer. Jamie is an inspirational speaker who lost his nephew at the age of 19years old, by a single punch that killed him. Jamie states:

“My speaking BEAST was unleashed in the aftermath of my 19yr old nephew being killed by a single punch in 2012. The choice I has to make was I could either curl up, stay broken and become silent about the worlds injustices or hardships. Or, stand up, fix myself, and speak for tow about the worlds injustices and hardships, that would help others out of the darkness they might find themselves in. I’ve been helped and comforted, so I must help and comfort others”

We expect Jamie’s talk to have a great impact on all of our students and staff about the dangers and implications of fighting and how a single punch can change a persons world

Mixing Fluids

Mrs Wallace and Mr Wise

This workshop is looking at the effects of safe sex and will be demonstrating to the students how easily sexually transmitted infections can be passed between people . With the clever use of iodine and dyes, Mr Wise and Mrs Wallace will demonstrate the impact of having no sex, having protected sex, and having unprotected sex has when making important decisions

Fire Safety

Dan Staley and Mike Downard. With Mrs McFarlane

Two serving Firefighters will be speaking to students about fire safety and how to keep themselves and other safe in their homes and within the community

Internet Safety

Mr Lagdon

Mr Lagdon will be addressing the issues that young people face with being online. There is no doubt that online activity has its plus side, but there is also a more negative side and so Mr Lagdon will be talking about how to keep yourself safe online and cyber bullying, how to identify it and how to address it

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Online Pornography and Consent

Miss Matthews and Mr Wardle

Pornography is defined as 'writing, pictures, films etc. designed to stimulate sexual excitement' (Collins English Dictionary)

Issues that affect the overall safety of young people are constantly changing. The availability of pornography online, the creation and sharing of inappropriate images, and the presentation of sexual images in social media are an ongoing concern.

Some of the reasons children and young people watch or search for porn online

include: - To learn about sex and sexual identity

- For sexual arousal and pleasure

- Curiosity

- For 'a laugh'

- To break the rules

- To be disgusted

- Peer or relationship pressure

So... It's time we talked about pornography; its available like never before – access is easy, anonymous and free; technology is part of life. With a click of a button, young people can access a vast array of pornographic imagery via the internet. Young people are being exposed to porn accidentally, as well as actively seeking it out. So it's not so much a question of if they will see it, it's when

Young people are at a formative stage in their development and they are forming their understandings and expectations about who they are and about relationships and sexuality. For many, porn has become a default sexuality educator.

The influence of pornography has serious implications for young people's capacity to develop a sexuality that is safe, respectful, mutual and consenting. This workshop will be looking to help young people navigate pornography's influence and equip them with the skills they will need for a sexuality that is respectful, mutual, consenting and safe.

Under no circumstances will examples of pornography, or anything of an explicit nature, be shown

Protective Behaviours

Mrs Curtis

Protective Behaviours refers to behaviours which enable children and young people to recognise situations in which their personal space and sense of safety may be compromised.

In this workshop, Mrs Curtis will be talking with the students about identifying early warning signs when they are feeling unsafe, sad, angry etc and then what action they can take from this

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Drugs and Substance Misuse

Carl Moreton, from My Future Self Matters. With Mrs Smith

This workshop will look at students perceptions surrounding drug and alcohol mis-use and help young people understand how it impacts on themselves, their mental well-being and the world around them.

Carl will also discuss the legal aspects of drugs.

Carl's workshop will support and strengthen our young people's mindsets surrounding drug and alcohol mis-use and help them to deal with the pressures of everyday life.

The Frank Bruno Foundation

The Frank Bruno Foundation will conclude our day with talking with the whole of year 9 about mental health and well-being. They will talk about mental health awareness, stress release and management and confidence and self esteem.

The aim of the Foundation is *"to support the promotion of wellbeing to children and young people, staff and whole school communities and encourage effective early intervention and prevention of mental health problems in children and young people"*

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