

Dear Parent/Carer

Year 10 Resilience Day- 3rd February

I am writing to give you a brief update of our upcoming RAK Day. Fareham Academy's Personal Development Learning Curriculum embraces the challenges of supporting young people to lead happy and successful adult lives through enabling them to make informed choices and decisions. We aim to equip students to make confident decisions when facing risks, challenges and complex situations. Our curriculum supports and prepares students for their responsibilities and experiences of adult life.

The themes the students will be exploring on the Resilience RAK Day are:

**LoudSpeaker-** A variety of different workshops and sessions focussing on public speaking and confidence building. These workshops are designed to come at a crucial point in students' lives, when they are developing their resilience and setting their future aspirations. The goal of the day is to give students the confidence to aim high and the tools to make the most of every opportunity that comes their way.

The workshops students will be covering are as follows:

**The Great Debate-** *A debating activity that focuses on communication, speaking with passion and using your voice to make change. This workshop allows the next generation of young leaders and game changers to build authority, the ability to engage, and their likability.*

**Personal Storytelling-** *This workshop is designed to raise aspirations, emotional intelligence & personal storytelling ability. Students will understand the importance of talking about their passions, challenges, failures and how they can lead to success. Enables students to understand the importance of being authentic and likable and telling their story to secure opportunities in their networks.*

**Rainbows & Unicorns-** *This activity focuses on resilience and how to deal with adversity when it comes your way. Life isn't all unicorns and rainbows so we will look at ways to deal with challenges and rise above them.*

**Billions-** *Students are given a chance to flex their entrepreneurial skills in this activity. This exercise involves working together in teams to plan, pitch and present a business idea.*

**Build a Bear-** *Teamwork, communication and making interactions is what this workshop is all about. Using a variety of materials, teammates will have to work together to conceptualise a bear and then bring it to life by crafting it from the items provided.*

Yours faithfully

Mrs Sargeant  
Head of Personal Development Learning

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