

30th January 2025

Dear Parent/Carer

Year 7 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:

Them and Us – Workshop looking at respect and how we can celebrate individuality and our differences.

Resilience – This workshop will allow students to explore what is meant by 'resilience' and allow them to explore strategies to enable them to become more resilient in their daily lives.

Initiative – Project workshop for students to learn about what it means to use your initiative and demonstrate this skill.

Step by Step – Workshop hosted by one of our chosen charities 'Step by Step' who provide support to young people who are facing homelessness.

Therapy Dog – This workshop will allow students to explore the links between looking after our mental health and animals; including the roles of therapy animals. Students will have the opportunity to meet Bella, who works as a therapy dog at Fareham College.

Yours faithfully

Mrs Sargeant
Head of Personal Development Learning

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