

27th February 2025

Dear Parent/Carer

Year 10 Kindness Day- Tuesday 4th March

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 Kindness RAK Day are:

**Online Grooming** – This workshop aims to help raise pupil's awareness of potential risks, especially of grooming, when using interactive internet applications. Students will investigate the stages of grooming, how to recognise these and where to seek support.

**Vaping** – Students will learn about the facts surrounding the dangers and rise of vaping amongst young people as well as examining the new legislations coming into effect this year regarding disposable vapes.

**Mindfulness** – Students will experience a taster session where they will learn about the benefits of self-care and have a taster macramé session.

**Managing Relationships** - This workshop will focus on students learning how to identify and manage appropriate and inappropriate conflict behaviours within relationships and effective ways to respond to inappropriate conflict behaviours.

**Keynote speaker** - Alison Cope is an anti-violence campaigner who talks about her life experiences including the trauma she faced losing her son Joshua to knife crime in 2013. She uses her resilience and strength to educate and support students in seeing a future beyond negative experiences as well as campaigning against the rise of knife crime which we are seeing nationally.

Yours faithfully

Mrs Sargeant  
Head of Personal Development Learning

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