



15 October 2018

Dear Parents/Carers

Re. Healthy Living Enrichment Day Friday 19 October 2018

As you are well aware, at the end of each half term, the academy holds an enrichment day for all students. Upcoming enrichment days will focus on expressive arts, STEM and the local community. This half term, year 7-9 students will not attend any usual lessons. The day will give students opportunities to explore health and wellbeing. All students will learn about healthy eating, exercise, sleep and then will be able to choose which activities they would like to take part in.

What does my child need?

Many students will travel off site to local sports centres during the academy day. In order to ensure that your child is fully prepared to engage successfully in the day, please ensure that:

- your child attends the academy **in PE kit** so that they can engage in physical activities
- your child brings a **bottle of water** with them
- your child brings a **warm coat** (plain navy blue, black or grey) as they may be outside for periods of the day.

What if my child is in year 10 or 11?

Year 10 and 11 students will spend half of the day in their usual lessons and half of the day attending enrichment sessions. This is an important opportunity for some of our older students to learn about wellbeing through what can be a stressful time for them.

All students will return to the academy before the end of the usual academy day, so **this event will not affect the usual timings of the day.**

Please do contact the academy if you have any questions or concerns regarding enrichment day.

Kind regards

A handwritten signature in black ink, appearing to read 'Emily Boxer', written in a cursive style.

Emily Boxer
Deputy Principal

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