4 October 2019

Dear Parents and Carers

**Enrichment Day – Tuesday 8 October**

Rickmansworth School is proud to offer a broad and balanced curriculum, supporting students to achieve their best in all aspects of their schooling. We do this through a range of curricular and extra-curricular activities, including Enrichment activities. As part of this, we arrange two Enrichment Days each year, where students are off timetable for the day and working to develop themselves as a *Ricky Learner* and working alongside members of staff and external visitors to develop a range of skills.

Details of the first Enrichment Day can be found below:

**Date:** Tuesday 8 October

**Time:** 8:40am– 3:15pm

**Uniform:** Full School uniform. Full PE kit, including relevant footwear
- Boys (Rugby & Badminton)
- Girls (Water Polo & Handball)

**Rooming:** On arrival at the School, please head to the Sports Hall.

**Year 8 – Healthy and Active Lifestyles**

Following the Government announcement that Health Education will become a statutory requirement for all schools in September 2020, we are pleased to be supporting our students early in developing their knowledge of their health education. Students will consider the benefits of being physically active, considering the physical and mental benefits of participation. We will reflect upon being a *Ricky Learner* and consider how sport and physical activity provides an opportunity to develop these important characteristics.

I hope that you will use this opportunity to discuss what your son/daughter has been working on during their Enrichment activities; your support is very much appreciated.

Yours sincerely

Mr S Berry

Life Long Learning Co-Ordinator