



much  
more than  
just a school



8 October 2019

Dear Parent/Carer

**Re: Challenge day lessons – Wednesday, 23 October 2019**

I am writing to inform you of the content of some of the sessions that Year 9 students will be having in their Challenge Day on Wednesday, 23 October 2019.

The day will be covering a theme on the Future and Problem Solving. Young people need to be able to be confident about themselves especially at this stage in life when so many changes are taking place around them. They will be finding that their attitude to others may well alter and their emotions heightened in various areas.

On Challenge Day there are several sessions, including a talk from Shannon Reddin, who is a young persons' sexual health advisor, trained by the NHS. Shannon will be talking about changes that may affect students at this stage in life, including the need to be aware of signs of breast and testicular cancer. This talk will be taking place separately for girls and boys.

The Army team will also be doing sessions on careers, team building, problem solving and concealment. Students taking part in the camouflage and concealment task will have to use a camouflage cream, which should wipe off with water and soap.

I expect that the experience will enhance not only the students' knowledge, but also make them more confident when facing new experiences in their lives, especially those concerned with their own body.

If you have any concerns with regards to any of the content or would like further information, please feel free to contact me at the school on 023 92 489800 or email [t.mokgethi@pcs.hants.sch.uk](mailto:t.mokgethi@pcs.hants.sch.uk)

Yours faithfully

**T Mokgethi**

Mr Mokgethi  
Technology Teacher



Success for All through Attainment, Resilience and Autonomy

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