

**Headteacher – Mr A Percival**  
**Chair of Governors – Mr A Crompton**

**Airedale Academy**  
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Friday 11<sup>th</sup> November 2025

Dear Parent/Carer,

**RE: Personal Development Days**

As part of the personal development programme at Airedale Academy, Year 7 will take part in 3 personal development days. These allow us to develop a significant part of the statutory PSHE and Careers curriculum.

The first one for students in Year 7 looks at the theme 'Be safe and healthy' and will take place on Thursday 20<sup>th</sup> November 2025. Pupils will be with their normal classes for the day. As this is the first personal development day, it will run from P1 to P2 and then pupils will be back in normal lessons after break.

Sessions delivered by external speakers will include:

Period 1

- Tilita Knight: Tilita will be speaking with pupils about body image, self confidence and dealing with negativity. More information on Tilita and the workshop can be found here: <https://online.flippingbook.com/view/854606450/>

Period 2

- Will be led by Airedale Academy teachers on the dangers of online media and how to be safe online.

We hope our pupils value and enjoy these days. Should you have any questions or concerns regarding topics to be covered please do not hesitate to contact the school.

Yours faithfully,

Danielle Lowe