

5 July 2021



Dear Year 8 Parents/Carers,

Ralph Allen School

We hope you and your families are well.

Respect • Teamwork • Personal Best

Our Ralph Allen students have continued to demonstrate resilience and positivity despite the many challenges of the last 16 months. We are very proud of our young people.

Although we are unable to run our normal offer of trips and residentials, due to covid restrictions, we are organising some free, fun activities to end the year positively in the week beginning 12 July 2021.

All year groups will be participating in a variety of events and workshops, alongside their normal timetable and we will end the week, on Friday 16 July, with the whole school Sponsored Walk along our famous Bath Skyline to raise money for our urban outdoor gym equipment. You will receive a separate letter from Ms Hetenyi outlining the programme for the Sponsored Walk day and the permission slips required.

Year 8 'I Can and I Am' Workshop:

During the week we are delighted to be welcoming the **'I Can and I Am' team** into Ralph Allen School in their double decker bus and with their golden retriever Darcy. Throughout the week all our year 8 students will listen to a presentation by the charity founder James Shone and then each student will be invited to spend one hour on board the I Can & I Am bus.

On board the bus, students will take part in a pizza making session on the ground floor which has been converted in to a state of the art kitchen by the bus sponsors, Howdens. Cooking is a proven therapeutic activity that provides an informal distraction, but also offers natural breaks for a deeper conversation to evolve. Students will then take part in a half hour workshop on the top deck of the bus where they'll spend time with James or another of the team members, discussing further many of the messages from James's talk.

The aim is that they will leave the session with a better understanding of their own qualities and strengths, plus one or two tools that may help them to manage their own emotions and to deal with any setbacks that arise for them, or others close to them in the future.

This will be a unique experience in a positive environment where students can focus solely on themselves and their own wellbeing.

This two minute video clip shows the bus in action and is well worth a watch:

<https://www.youtube.com/watch?v=2Jyd8MPaQuo>

Further details about the charity can be found at www.icanandiam.com and any enquiries can be forwarded to Rebecca Burton rebecca@icanandiam.com.

Parent/ Carer Presentation: We are also delighted to invite you to a virtual Zoom presentation by the charity's founder, James Shone, on **Thursday 15 July at 6pm** for half an hour. James will be talking about the experiences your young people have had during this week and how we can further support the wellbeing of our young people moving forward.

Topic: James Shone

Time: Jul 15, 2021 06:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/89753605477?pwd=SU4xU0RwdGF1bDdZTTYvejZ4a2o4dz09>

Meeting ID: 897 5360 5477

Passcode: 543834

Headteacher: Andy Greenhough BSC (Hons) | Deputy Headteacher: John Chantry BA (Hons)

Claverton Down Road, Bath, BA2 7AD | Telephone: 01225 832936 | E-mail: enquiries@ralphallenschool.com | www.ralphallenschool.com

Ralph Allen School is part of Palladian Academy Trust (PAT) | Company number: 8061092

Allergies and Covid Compliance:

Please let me **know if your child has a food or dog allergy that the school is not already aware of**, h.fleming@ralphallenschool.com

The 'I Can and I Am' will complete a LFT every morning before working with our young people and all the visiting staff have been double vaccinated. Mask wearing will be optional on board the bus.

Please talk to your young people about this event and if you have any questions, please email me on h.fleming@ralphallenschool.com

Take care and best wishes,

Hannah Fleming

Hannah Fleming
Assistant Headteacher – Wellbeing

