



Building Inspiring Caring

CIRCULAR 2018/19 TL033

To: Parents/Guardians of KS4 students  
CC: Bursar

November 2018

### **Personal Development Programme**

As part of our Personal Development Programme Years 11 and 12 have been invited to attend a play organised by Action for Children on mental health issues on Thursday 13<sup>th</sup> December during the school day. This play is being offered as part of the 'Beat the Blues Programme' which has been running in local schools and is designed to help young people identify feelings of stress or anxiety and offer strategies to enable them to cope. Transport is being provided to and from school and there is no cost for attending the play.

Part of the Personal Development Programme also involves investigating issues such as substance misuse. To assist with covering this topic a presentation has been arranged tomorrow afternoon through the PSNI which is being delivered by a parent who lost their child through substance misuse. This will give a personal insight into the dangers of drug abuse and how it affects not only the individual but also the wider family circle.

If you have any concerns regarding these presentations or any of the associated issues please contact the College.

Colin Jones  
Pastoral Coordinator