

Thursday 11th September 2025

Dear Families,

Excitingly, on **Friday 17th October**, Year 6 will be going to Quayside Leisure Centre to take part in a range of Life Skills, put on by a variety of local experts.

Junior Life Skills 2025 at Quayside Leisure Centre - Friday 17th October 9.30am to 12.30pm

Junior Life Skills is a practical training experience for Year 6 pupils to help them to prepare for the hazards they are likely to encounter in life. Similar events take place both nationally and locally.

The Junior Life Skills project aims to equip young people to meet some of those challenges by encouraging an understanding of their own health and safety, developing coping skills to ensure their own personal safety and how to respond appropriately in emergency situations.

The objectives are:

- To be able to keep safe and use basic safety procedures
- To be able to accept responsibility for the safety of themselves and others
- To acquire a knowledge of and be able to practice basic first aid
- Recognise some environmental hazards and how these may be reduced
- Understand that particular actions have consequences for themselves and others

The children will initially attend a short briefing session to explain what the morning will hold for them. The children will then be sent off to 'experience the event' under the supervision of their adult helper. Each of the scenarios will last about ten minutes. The scenarios are all provided and staffed by recognised experts in their field and are designed to be safe. Practical demonstrations are realistic and may startle some children although none of the children should be frightened. Each scenario will be contained within Quayside's premises. After they have experienced all nine scenarios they will return to the briefing area before returning to school.

The children will need to wear their **school uniform**. As some events might be outside, warm/wet weather gear may be required. Trainers with non-marking soles are the most suitable footwear. Girls should wear trousers not skirts due to some of the activities that they will be taking part in.

We ask that you drop your child off at the **Leisure Centre in Kingsbridge at 9.15am**. The children will then return to school by bus once the workshop has ended.

Please complete and return the slip below to school before **Monday 6th October 2025**.

Kind Regards
Miss Symons

Year 6 trip – Junior Life Skills at Quayside Leisure Centre – Friday 17th October 2025

☐ I give permission for my child _____ to attend Junior Life Skills at Quayside Leisure Centre.

Signed: _____

Please print name: _____

Daytime contact number/mobile: _____



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