

We are also delighted to let you know about an exciting new enrichment week taking place across EMAT in the week of 12th October next academic year.

The week ****EMATters Enrichment Week****, reflects a simple but important message: ****everyone belongs at EMAT****.

Throughout the week, pupils across our schools will take part in a range of engaging experiences designed to strengthen relationships, build confidence and develop their mental fitness.

Mental fitness is about developing the practical skills, habits and attitudes that help us understand ourselves, respond to challenge, connect with others and make the most of new opportunities. Through activities appropriate to their age, pupils will explore themes including:

- recognising their strengths and what they are capable of;
- building positive relationships;
- developing confidence and communication skills;
- adapting to change and challenge;
- working with and supporting others; and
- strengthening their sense of belonging within their school and the wider EMAT community.

EMATters Enrichment Week will be delivered with support from PGL Beyond and Bounce Forward, alongside national partners including Loud Speaker, Commando Joe's and English Heritage.

For some pupils, the week will include experiences away from their usual school environment:

- Year 8 students will have the chance to take part in the Bounce Beyond residential programme, combining adventure, teamwork and reflection to build confidence, connection and psychological fitness. **More information will be published to Year 8 parents next week before the end of term.**

All other year groups will take part in a varied programme of activities, workshops and shared experiences within their schools and across the Trust. These will include opportunities to develop teamwork, leadership, communication, confidence and personal strengths.

There will also be opportunities for parents and carers to become involved in EMATters Week and to learn more about the ideas and skills children will be exploring.

The week will include a research and evaluation element, helping us understand the difference these experiences make for pupils, families and the wider school community. We will provide further information about this, including how information will be gathered and used, during the next academic year.

School-specific arrangements, residential information and practical details will also follow. At this stage, we wanted to give families early notice of the week and share the thinking behind it.

We believe EMATters Week will be a valuable and memorable opportunity for our whole community: helping every child and young person feel connected, valued, confident and ready to grow.