



10<sup>th</sup> December 2019

Dear Parent/Carer

**Year 7 Pastoral Workshops with Pastor Michael Bretton (Spring Term 2020)**

As part of our inclusive and supportive ethos, we are continually looking at ways to support our students. With this in mind, Mr T Richardson (Director of KS3) has been working with Pastor Michael Bretton of Helston Light and Life Methodist Church to introduce a series of workshops for a small group of Year 7 students. The workshops are aimed at providing additional support for students who may have struggled with the transition from primary to secondary school and will focus on topics such as:-

- Initial team building activities
- Social and peer acceptance
- Healthy eating and well-being
- Confidence building
- Resilience
- Friendships
- Body image
- Stress and anxiety
- Social media
- Peer pressure
- Bullying

The workshops will commence in the New Year and run for the duration of the spring term on a Monday morning during tutor time. Eight Year 7 students will be invited to the workshops in the first instance. On completion we will issue the students with a certificate of attendance and achievement.

Michael Bretton has served on HCC Chaplaincy Team and as a Governor at Wendron C of E School for many years. He is a father of 3 children, the eldest of which has now left HCC, the second currently in Year 10 and the youngest due to arrive in September 2021. As a minister, governor and parent, Michael is aware of the many challenges faced by our students and is keen to support the College under the supervision of the pastoral team.

For further information about Pastor Michael Bretton and Helston Light and Life Methodist Church, please visit their website: <https://www.helstonlightandlife.co.uk/about-us>.

If you have any questions, please do not hesitate to contact me – [sasbridge@helston.cornwall.sch.uk](mailto:sasbridge@helston.cornwall.sch.uk).

Yours sincerely

*Shelley Asbridge*

**Mrs S Asbridge  
Pastoral Support Assistant - Year 7**



Southerly Point  
Co-operative  
Multi-Academy Trust

10<sup>th</sup> December 2019

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Name of Student: .....

Tutor Group: .....

- ☐ I give consent for my child to attend Year 7 Pastoral Workshops with Pastor Michael Bretton during tutor time in the spring term at Helston Community College, under the supervision of the pastoral team.
- ☐ I do not wish my child to attend these workshops.

Signed: .....  
(Parent/Carer)

Date: .....

**PLEASE RETURN THIS SLIP TO MRS S ASBRIDGE (SOUTH SITE) ASAP**