



# Cardiff High School Ysgol Uwchradd Caerdydd

Headteacher/Pennaeth  
Mr S M Jones

Llandennis Road  
Cardiff/Caerdydd  
CF23 6WG  
Tel/Ffôn: 029 2075 7741  
Fax/Ffacs: 029 2068 0850  
Web: [www.cardiffhigh.co.uk](http://www.cardiffhigh.co.uk)  
 [www.facebook.com/cardiffhighschool](https://www.facebook.com/cardiffhighschool)  
 @officialCHS

June 2019

Dear Parent/ carer,

I am writing to inform you about our school PSE days on the 2<sup>nd</sup> and 3<sup>rd</sup> July. Attendance on these days is compulsory for Year 12 students. The outline for the programme is as follows:

## Tuesday 2<sup>nd</sup> July

- Information on taking a gap year
- The Money Charity will be leading a session on budgeting at university and offering advice
- The YMCA sexual health outreach team will be delivering a session on contraception, STI's and consent
- Interview technique tips for university and jobs led by Cardiff University outreach team
- Wellbeing session - students have been asked to sign up for either a physical activity, mindfulness or cooking on a budget

## Wednesday 3<sup>rd</sup> July

Students will be involved in sessions for the morning only. This morning will focus on introducing students to UCAS and advice on Personal statements.

Both days will be non-uniform, please can students dress appropriately according to the activity they have selected.

The days have been organised from student feedback and promise to be an enriching experience helping prepare our students for life after sixth form.

If you have any questions, please do not hesitate to contact me.

Yours faithfully

Mrs. K. Dilks  
Head of Upper School  
[kd@cardiffhigh.co.uk](mailto:kd@cardiffhigh.co.uk)