

5 September 2024

Dear Parents and Carers

We are delighted to inform you that on **Wednesday 18th September**, our Year 11 students will be taking part in a day of activity, reflection and forward thinking, provided by the highly recommended company, Humanutopia.

Humanutopia creates and runs motivational, life changing courses for young people and adults. Their programmes are aimed at improving the mental health and wellbeing of participants, by empowering them to make positive change in their lives.

The day will focus around Humanutopia's programme called '**The Final Push**'. We feel this is a particularly poignant time to complete this programme, allowing our students to reflect and plan for their final year of secondary school and their GCSE examinations.

Below you can read more information about 'The Final Push' programme, shared with us by Humanutopia:

- This programme has been designed to specifically resonate with the challenges faced by Year 11 students.
- We are acutely aware of the situation final year students are in and the pressure they feel. The Final Push, in a fresh and highly relevant way, helps students to express then rationalise their fears and worries.
- In an engaging and meaningful way the students are encouraged to reassess their priorities and set new and achievable goals. This programme helps to motivate and inspire older students

What the course covers:

- Identifying and rationalising current and existing fears and worries.
- Adopting a growth mindset in approaching challenges.



- The key difference between things you cannot control and things you can control – circumstances v choices.
- The benefits of positive choices upon destiny.
- How the short becomes the medium and quickly becomes the long term.
- Reassessing what matters and what does not.
- Setting goals that matter.

I am sure you will agree, this day will be highly beneficial for all of our students moving through Year 11 and into the next stages of their educational lives.

We ask for your support in ensuring your son/ daughter attends school and is punctual on the day to gain the most they possibly can from this potentially life changing experience.

Yours sincerely

Mrs A Cook  
Assistant Principal  
Ipswich Academy

