

The Ramsey Academy, Halstead

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Headteacher:
Rob James



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Dear Parent/Carer

On Friday 3 November there will be a specialist assembly from Teenage Cancer Trust and this will be delivered to all students in Year 10.

The aim of the session is to equip students with the knowledge of how they can reduce their risk of cancer later in life, through healthy lifestyle choices as well as ensuring they feel confident to speak to health professionals by becoming the experts of their own body.

- What cancer is
- Common Signs and Symptoms
- Visiting the doctor/asking for help from medical professionals
- The emotional and physical impact of cancer
- Types of Treatment
- Healthy Living
- The fantastic work by Teenage Cancer Trust and how students can get involved in volunteering/fundraising

The speaker will explain what cancer is, who it can affect and the main warning signs. There will be a brief outline of the main types of treatment to help make cancer less scary, as the more we understand, the better equipped we are for coping with it when it does happen to someone we know. The assembly may also touch on the wider impact of cancer not just for the person going through it but their family and friends.

You can find out more about the organisation and the advice and resources they offer on their website: <https://www.teenagecancertrust.org>.

Obviously, this could be a sensitive issue for students and some may have experience of cancer within their own families. We urge you to discuss any concerns with your children prior to the assembly if you feel they might need the opportunity to prepare for the issues that will be covered.

Yours faithfully

A Barnes (Mrs)

Subject Leader for Drama and Co-ordinator of Careers, Information, Advice & Guidance