



Our ref: CS/KS/Saltmine 2025

Date: 24th March 2025

Dear Parent/Carer

**Dame Elizabeth
Cadbury School**
www.decschool.co.uk

On **Wednesday 26th March 2025**, as part of our PSHE programme, we are welcoming Saltmine Trust Theatre Company to Dame Elizabeth Cadbury to perform 'Ignite' for pupils in Years 9 and 10.

Saltmine have been touring theatre in education nationally since 1980, educating the next generation on current social issues and empowering them to make wise choices.

'Ignite' is a dynamic new production focusing on young people's mental health amidst the overwhelming demands of modern life. The accompanying workshop for KS3 & KS4 provides participants with a toolkit for promoting positive wellbeing.

Using physical theatre and visual storytelling this production draws upon real life stories. Follow the lives of three teenagers as they battle anxiety, depression and doubts about their own self-worth. Amidst the feelings of isolation, the drive to succeed and the desire to be accepted, the pressure mounts to balance life between school, friends and family. Are they the only ones feeling so alone? When life becomes so stifling, is that burning spark still there?

Ignite – performance and workshop will:

- Empower students to acknowledge and celebrate their identity and self-worth
- Equip students with practical tools to nurture positive mental health and strategies for connecting with others
- Encourage students to build resilience in addition to signposting where they can seek support

Outline for the day:

10:15am – 11:15am	Performance for year 10
11:40am – 12:40am	Workshop for year 10
12:40am – 13:40pm	Performance for year 9
2:10pm – 3:10pm	Workshop for year 9

If you have any further questions about this performance and workshop, please email enquiry@decschool.co.uk and mark for the attention of Ms Shahmiri. Thank you for your continued support.

Yours sincerely

Mr C Seager
Head of School



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