

To: All Parents/Carers of Year 7 to Year 13 Pupils

Our Ref: 87721243

10 May 2024

Dear Parent/Carer

Re: Wellbeing Week 2024

From Monday 13 May – Friday 17 May, we will be holding our fifth 'Wellbeing Week'. The focus is on our key driver, potential, which is underpinned by the fifth strand of MIND's '5 Ways to Wellbeing': Be Active. Our pupil wellbeing ambassadors suggested a range of activities that help pupils reduce stress and improve wellbeing. Therefore, alongside our usual extra-curricular activities and clubs, we are offering a range of one-off activities for pupils to partake in over this wellbeing week.

How will this be reflected in our plans for Wellbeing Week?

Information regarding these sessions can be seen below. All pupils have had this information shared with them during form time and have been given the opportunity to book in for the sessions they would like to attend. There are limited spaces for each activity and are booked on a first come, first served basis.

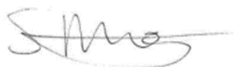
	Activity	When	Where
Monday	Zorb football	After-school (3.30-5.30pm)	3G pitches
Tuesday	Crochet & Embroidery	Lunchtime	HG10
Wednesday	Classroom Yoga	Lunchtime	HG10
Thursday	TikTok dance trends	Lunchtime	Riding Gym
Friday	Film Club	Lunchtime	HG2

Zorb Football

There is a £2 supplement to secure a space for Zorb football. This will be required to be paid before the session and is available to pay on Parent Mail. Please ensure if your child has signed up that appropriate travel arrangements have been made as the session will not finish until 5.30pm. They must also bring suitable sporting attire for the event.

We hope that the week will be enjoyable, whilst also helping to raising awareness for a worthy cause.

Yours faithfully

A handwritten signature in black ink, appearing to read 'SM', with a long horizontal flourish extending to the right.

Stephanie Morton
Lead of Pupil Support