

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

Our Ref: 87407659

26 January 2023

Dear Parent/Carer

Re: Wellbeing Week 2023

This year, to mark the occasion for 'Time to Talk Day' the school will be holding our half-termly 'Wellbeing Week' **from Monday 30 January – Friday 3 February**. Our Student Wellbeing Ambassadors have planned a range of activities to encourage positive and open conversations surrounding mental health to help combat the stigma.

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

Monday the 30 January: Wellbeing Journaling Workshop. We invite students to join us from 3.30-4.30pm in HG10. Using a fun and creative path, students involved will explore ways to provide themselves with more opportunities for positive self-talk, help process and prioritise their thoughts and feelings and make friends along the way. (Please note, there are limited spaces. To book a space for your child, please email wellbeing@southhunsley.org.uk)

Tuesday 31 January: Parental Webinar. MIND are holding a Webinar over Zoom for parents to attend on "How to Have a Conversation about Mental Health" from 6.30pm-8.30pm. If you wish to attend, please email wholeschoolapproach@heymin.org.uk

Wednesday 1 February – The Haven. Our Student Wellbeing Ambassadors will be hosting their weekly lunchtime club in HG10 with games that help students to make friends with others and feel more confident in building positive friendships within school.

Thursday 2 February - The Bake Escape. We invite students to join us in the cooking room to bake pancakes alongside others to encourage open and trusting friendships. Ingredients will be provided. (Please note, there are limited spaces. To book a space for your child, please email wellbeing@southhunsley.org.uk)

Friday 3 February – Inside Out. Film Club is held weekly in HG2 by the English and Media department, this week they will be showing Disney's "Inside Out" a film that focuses on teaching young people about the complexities of mental health and how to deal with emotions rather than shut them out.

To find out more about Time to Talk Day, please visit the following website:

<https://www.mind.org.uk/get-involved/time-to-talk-day-2022/>

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

Yours faithfully

A handwritten signature in blue ink, appearing to read 'Stephanie Morton', with a horizontal line underneath.

Stephanie Morton

House Leader of Hercules