

To: Parents/Carers of Year 7 to 13 Students

Our Ref: 87445279

23 March 2023

Dear Parent/Carer

Re: Wellbeing Week 2023

This year, to mark the occasion for 'National Stress Awareness Month' the school will be holding our half-termly 'Wellbeing Week' **from Monday 27 – Thursday 30 March 2023**. Our Student Wellbeing Ambassadors have planned a range of activities aimed to educate students on how to cope with stress, along opportunities to participate in stress-relieving events.

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

Monday 27 March: Therapy Dog Visit. We are pleased to welcome another visit from Thunder, the NHS trained and working therapy dog and his handler, to meet and interact with the students. Students will learn about the scientific benefits that animals can have on stress reduction whilst trying those techniques first hand after-school in HG10. Please note, there are limited spaces. To book a space for your child, please email wellbeing@southhunsley.org.uk.

Tuesday 28 March: Parental Webinar. MIND are holding a Webinar over Zoom for parents to attend on "Impacts and Management of Stress" from 6.30pm-7.30pm. If you wish to attend, please email wholeschoolapproach@heymind.org.uk

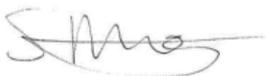
Wednesday 29 March: Make your own stress ball. Our in-school emotional literacy support assistants are hosting a lunch time activity in HG10 for students to attend to come and make their own stress ball to take home with them. To book a space for your child, please email wellbeing@southhunsley.org.uk.

Thursday 30 March: Your Voice Matters. MIND are holding a workshop during period 3 in the library aimed to empower young people to become more confident talking about issues such as stress and wellbeing and encourage them to identify and implement change they would like to see. Please note, there are limited spaces. To book a space for your child, please email wellbeing@southhunsley.org.uk.

To find out more about National Stress Awareness Month, please visit the following website:
<https://www.stress.org.uk/national-stress-awareness-month/>

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

Yours faithfully



Stephanie Morton
House Leader of Hercules