

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

Our Ref: 87473456

12 May 2023

Dear Parent/Carer

Re: Wellbeing Week 2023

This year, to mark the occasion for 'Mental Health Awareness Week' the school will be holding our half-termly 'Wellbeing Week' from Monday 15 – Friday 19 May 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 the 15 May:** Mindfulness. Mrs Dyer is holding a lunchtime mindfulness club in E3. The sessions focus on a range of mindfulness techniques to help with wellbeing, such as, Chinese calligraphy, breathing practice, zen drawing, body scan technique and eating habits. Everyone is welcome to attend.

**Tuesday 16 May:** Parental Webinar. MIND are holding a Webinar over Zoom for parents to attend on "How to have a conversation about mental health" from 5.30pm-6.30pm. If you wish to attend, please email [wholeschoolapproach@heymind.org.uk](mailto:wholeschoolapproach@heymind.org.uk)

**Wednesday 17 May:** Movement for Wellbeing. MIND are running an active movement workshop over lunch time in HG10 (May be held outside on the tennis courts if weather permits) to encourage movements that are designed to destress and refocus.

**Thursday 18 May:** How to have a conversation about Mental Health. 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, how to seek help and also how to spot signs and help others. (Please note, there are limited spaces. To book a space for your child, please email [wholeschoolapproach@heymind.org.uk](mailto:wholeschoolapproach@heymind.org.uk))

To find out more about National Mental Health Awareness Week, please visit the following website: <https://www.mind.org.uk/get-involved/mental-health-awareness-week/>

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

Yours faithfully

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

Stephanie Morton  
**House Leader of Hercules**