

22/4/24

Dear Parents

Year 9 - SPRING Wellbeing Week 2024

This year we will be running our inaugural SPRING Wellbeing Week. We will be focusing on 6 key areas of wellbeing throughout the week with different year groups focusing on different elements:

- S - Skills
- P - Physical Activity
- R - Relationships
- **I - In the Moment**
- N - Nutrition
- **G - Giving**

On Thursday 2 May 2024, Year 9 will be focusing on being in the moment. They will explore this through doing a double period of Yoga and Tai Chi. **Please can Year 9 students come to school in RGS kit or RGS tracksuit on this day to make the sessions run more smoothly.** If students have a yoga mat or roll mat they could bring with them, that would be greatly appreciated but is not a necessity. The whole week will also have a focus on giving, where students will be able to donate to good causes as well as give thanks to people they feel make a difference in their lives.

Research suggests that paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

- Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.
- Read more about [mindfulness](#), including steps you can take to be more mindful in your everyday life.

Research also suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Kind regards



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