

22/4/24

Dear Parents

Year 8 - 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**

Year 8 will be focusing on the importance of having strong healthy relationships with others. They will be working for a double period each with Action Your Potential (AYP) on Wednesday 1 May 2024 to explore the effects relationships can have on wellbeing. 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.

Good relationships are important for your mental wellbeing. They can:

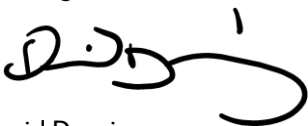
- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

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



David Durning
Assistant Head - Student Development