

Spring into a Healthy Mindset!

Spring has Sprung at RGS - Spring Wellbeing Week 2024

With May being Mental Health Awareness Month, the RGS kicked the month off in style with our inaugural SPRING Wellbeing Week. Students worked on the school's 6 areas of wellbeing:

S - Skills

P - Physical Activity

R - Relationships

I - In the Moment

N - Nutrition

G - Giving

Monday 29 April - Skills

Learning new skills can improve wellbeing by boosting confidence, building purpose and connecting with others. On Monday, Year 7 got the opportunity to explore new skills in the circus. With opportunities to learn to juggle, spin plates, ride a unicycle, throw a diablo and many more, our Year 7s fully embraced trying out and developing these new skills.



Tuesday 30 April - Physical Activity

On Tuesday we were blessed with glorious weather for Year 10 Physical Activity afternoon. Year 10s enjoyed half a day of being active with net games, tyre flipping, tug of war and many other sports to choose from. Not only does physical activity maintain a healthy lifestyle, it also releases dopamine and endorphins which are known to help improve the brain's feel good factors. There was also a healthy dose of competition evident, especially in the tug of war!



Wednesday 01 May - Relationships

Year 8s got a chance to explore relationships through the medium of neuroscience. After delving into the relationships they had with themselves, they began to explore how relationships and shared values with parents, peers and staff can improve their wellbeing.

 RESPECT INTEGRITY ASPIRATION



Thursday 02 May - In the Moment

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. After 160 Year 9 students undertook a two day trek and camp for Bronze DofE over the previous two days, a chance to stretch off and unwind with lessons in Yoga, Tai Chi & Kung Fu was a very welcome opportunity to be present and mindful.



Friday 03 May - Nutrition

As the end of a long week approached, it was the turn of the 6th Form to look at ways to improve their wellbeing. An insightful and engaging lecture series from personal trainer Craig Woollard (ex boxer & footballer), on nutrition, training and the importance of sleep, had key takeaways for all on small changes they could make to improve their wellbeing.



Here's how you can feel better

What your training should include

- Power / Speed
- Endurance
- Flexibility
- Strength
- Hypertrophy
- Core

What your plate should look like

Sleep - Why it's important

- 2 days lose concentration
- Increase inflammation
- Less energy
- Mind fog
- Negative thoughts
- Poor memory
- Getting sick

A small look into health and wellbeing

The graphic also includes two pie charts showing dietary recommendations and four hand icons illustrating different types of grip strength.

Whole Week Giving Opportunities

Finally, 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

During the week students and staff had the opportunity for giving by donating to the Molly Rose Foundation and MIND, writing thank you cards, and a staff secret buddy week where staff carried out acts of kindness for their buddy throughout the week.

