

20/03/2025

Dear Parents and Carers,

Year 7 - SPRING Wellbeing Week 2025

This year we are pleased to be running our second annual 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 7 will be focusing on learning new and unusual skills on **Monday 31 March**. They will be working with Shooting Stars learning different circus skills. **Please can Year 7 students come to school in RGS PE kit or RGS tracksuit on this day to make the sessions run more smoothly.** 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 shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with 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

On **Friday 4 April** we will have a casual clothes day where we ask students to pay £1 with proceeds going to mental health charities Mind and the Molly Rose Foundation.

Kind regards



David Durning
Assistant Head - Student Development