

20/03/2025

Dear Parents and Carers,

### Year 9 - 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

On **Thursday 3 April**, Year 9 will be focusing on being in the moment. They will explore this through doing a double period of Yoga and mindfulness. **Please can Year 9 students come to school in RGS PE 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. You can read more about mindfulness [here](#), 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.

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