

Wellbeing Summary 2018/19

It is amazing to think we are now at the end of our fourth year since trialling mindfulness at RGS. We now have five current members of staff trained to teach MiSP curriculum known as .b (dot be). Over 800 boys in the school have had access to the teaching. For some of our students it offers a daily tool for management of teenage and school stresses; for others it may simply be the planting of ideas to turn to in the future.

We have run our fourth '8 Week MBCT course' for staff and now have over 40 members of the team who have completed this course. This summer term we have run our second course for parents titled, 'MBCT *for Life!*' Our commitment to offering parents and staff an accessible way to better manage our busy lives and deal with life's hurdles will continue next year in new and exciting ways – do get involved. Do have a look at the school website for information on a new and exciting set of mindfulness drop-in classes from September onwards, designed to both educate and offer the opportunity for practice.

The importance of looking after body and mind was brought to the fore during Wellbeing Week in March. We hugely recommend yogatonic.com for an alternative birthday party and similarly 'hartbeats' for some incredible team building using the vibrations of West African drumming. Our boys had an incredible experience whilst learning new skills. We had superb assemblies from Parent&Pupil Coach, Ben Jackson, and from Roan Hemmings (CoActive Health), as well as discussions about nutrition and better sleep. We are excited to be planning next year's event already!

The school is proud to have a strong counselling support network which provides a safe and supportive space for students to explore their thoughts in non-judgemental environment. Boys also have access to superb health and fitness training via our team of 'Masters in Residence' students, providing professional experience and enthusiasm for all of our students. Both of these services are truly outstanding and available to all of our boys.

In the autumn term, Sixth Form students at RGS will have access to their own MBCT mindfulness course. The course is designed specifically to target this age group. Mindfulness can really help with stresses and strains of A-Levels as well as enabling young people to flourish and enjoy life more fully. Past participants have ranged from Oxbridge candidates to musicians and sportsmen, as well as those keen to find out more. See separate attachment for details.

The importance of taking care of ourselves is filtering through the RGS ethos and permeating all aspects of school life and our broader community. Thank you all for your continued support with what can seem at times to be quite odd or even radical ideas – they are always with the boys' best interests at heart! Finally, if you fancy getting involved with any of the courses or events next year, don't hesitate to get in touch.

Andrew Zair