

20/03/2025

Dear Parents and Carers,

Year 8 - 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 8 will be focusing on the importance of having strong healthy relationships with others. They will be working for a double period with Action Your Potential (AYP) on **Wednesday 2 April** 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

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