

21st January 2019

Dear Parents / Guardians,

RGS Wellbeing Week 2019: 4th – 8th March

This year we will be running a series of events to inspire and educate our students about the importance of recognising their own wellbeing. These events will span the first full week in March and we have guest speakers for assembly, plus exciting seminars and activities during lunch time. Some will be informative, whilst others are designed to be fun and will offer an opportunity to try something new. We will encourage all boys to engage with at least one activity or talk.

The week will culminate in an awareness-raising mufti day, and your son will be asked for £1 to participate. The funds raised will be divided between Mind Charity and an RGS Wellbeing Fund, which supports our ongoing commitment to providing an infrastructure to nourish positive mental health and habits at RGS. Donations greater than £1 are very welcome. Please contact finance@rgshw.com for more information about how to support this.

Below is a summary of the events we have planned. The talks are free to all and we welcome any and all boys on the day. Locations of events will be broadcast nearer the time. Some of the activities suggest a small donation to cover costs and have limited numbers – please sign up on ParentPay for convenience. Boys will not be excluded if they are unable to donate the suggested amount.

Monday

- Assembly: The 100-year life: how wellbeing is essential for positive life balance in the 21st Century
- Lunch 1: “Simplicity, Peace, Integrity, Conservation and Equality”, a discussion and Q&A focused on the benefits of supporting green initiatives, equality, and encouraging peaceful solutions. Hosted by the Chairperson for Buckinghamshire Schools [SACRE](#) (ensuring spiritual, academic, moral, emotional and moral education in schools).
- Lunch 2: Nutrition workshop – how what we eat underpins our mental and physical goals. What effective nutrition looks like for teen sportsmen.

Tuesday

- Assembly: Ben Jackson, owner of the [Parent & Pupil Coach](#) focusing on self-esteem and resilience. Ben delivers the Youth Education Support (YES) programme and provides leadership and transition coaching for career parents. Check out his podcast on iTunes.
- Lunch 1: Beginners Yoga with Tim and Shannon from [YogaTonic](#), open to all students regardless of experience! Sign up on Parent Pay: contribution request £1
- Lunch 2: State of Mind are a charity focusing on mental health awareness in sport, particularly rugby league and rugby union. Phil Veivers is an Australian ex-Super League player with over 500 appearances for St Helens and South Sydney, with a strong coaching profile. Ian Smith is a first grade referee with experience in national cup finals. Both ambassadors will be speaking about their experiences and challenges with mental health in professional sport. Highly recommended!

Wednesday

- Assembly: Entrepreneur, [Health and Wellness](#) coach Roan Hemming about his values, the importance of sleep, and his career from chef to life coach, via South Africa and Sydney!
- Lunch 1: Yoga for Sport with Tim and Shannon from [YogaTonic](#) . This session will look at using yoga for sport, strength and power. Sign up on Parent Pay: contribution request £1
- Lunch 2: African Drumming workshop with [Hartbeats](#). This is a traditional and effective way of building unity and confidence, as well as having loads of fun – give it a try! Limited numbers – sign up on Parent Pay: contribution request £2.

Thursday

- Lunch 1: Art and Craft workshop – learn how positive focus can calm the mind and reduce stress in a fun and creative environment.
- Lunch 2: Meditation workshop – simple techniques for a calmer mind. Followed by Sleep Workshop – the importance of sleep and how to improve the quality of our sleep.

Friday

- Mufti Day – bring in £1 and wear home clothes for the day!

We are very excited about this first series of talks and events and ask your support in encouraging your sons to be actively aware of their own physical and mental health both in school and at home. Looking ahead, please don't hesitate to offer your services if you feel they could be useful in future wellbeing weeks.

If you have any questions about RGS Wellbeing Week, please contact me on ajz@rgshw.com.

Kind regards,

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