

28/02/2020

Dear Parents / Guardians,

RGS Wellbeing Week 2020: 'Nourish to Flourish' 16th - 20th March

Last year saw an incredible number of students involved with Wellbeing Week. We've done our best to build on that and offer a range of activities and workshops across lunchtimes throughout the week. These events will be a mix of challenge, information and fun, aiming to fuel body and mind with positivity. We will encourage all boys to engage with at least one activity or talk during the week, but they may attend as many as they wish!

The week will culminate in a mufti day, and your son will be asked for £1 to participate. This donation 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.

Below is a summary of the activities we have planned. The following events require boys to sign up on parent pay so we can track numbers: **Beginner Yoga, Yoga for Strength, Street Dance Taster, African Drumming, 5 Ways to Wellbeing**. These activities request a donation of your choosing (e.g. £2 per activity) to help cover costs but boys will not be excluded if they choose not to pay.

All lunch time activities will commence at 1.35pm and boys should arrive promptly. For all activities, boys may wear sports kit and trainers.

Week-long activities

'Sketch, doodle + chill': drop into Art 2 at lunch any day of the week

Reading week: some subjects are planning a reading week of homework in Years 7, 8 and 9. Taking a break from written homework, students may be asked to read a specific passage for pleasure, rather than for purely academic gain. This won't apply to every subject – more details to come in school.

Monday

- Assembly: Zak Sylvester 'Calisthenics and mindset' Zak is an old boy of the school who graduated from Birmingham University in Psychology. Check out the link! He'll be exploring some fun ways to link exercise and positive wellbeing in advance of his lunchtime session on Wednesday
- **Healthy Body Healthy Mind**: nutrition workshop. (Queen's Hall)
- **Resilience Wall**: indoor climbing workshop for Year 7 (Sports Hall)

Tuesday

- Assembly: The importance of sleep
- **Sleep workshop**: a deeper discussion about the importance of sleep, what effective sleep looks like and top tips for how to get the best night's sleep. (Upper Library)
- **'Calisthenics Workshop'** with Zak Sylvester. Check out the link! This will be a combo workshop for boys to receive both instruction and inspiration. **Venue: Sports Hall**. Please sign up on parent pay (voluntary contributions welcome).
- **Resilience Wall**: indoor climbing workshop for Year 8/9

Wednesday

- **Yoga for beginners:** with Tim and Shannon from YogaTonic – one of the of the area’s top private yoga teachers – with yoga for the whole family, including kids and yoga for skiing. All welcome!
Venue: Sports Hall. Sign up on Parent Pay: contribution request £2
- **African Drumming:** workshop with Hartbeats. This is a traditional and effective way of building unity and confidence, as well as being great fun – have a go! Limited numbers – sign up on Parent Pay: contribution request £2
- **Secret cinema:** Room 24

Thursday

- **Drop Everything and Read!** Boys need to bring a fiction book to school for form period and free time. Attempt a tech-free Thursday!
- **Street Dance Workshop:** with Amy from UrbanStrides learn some dancefloor moves and have fun at the same time – **Venue: Drama Studio**
- **Meditation workshop:** simple techniques for a calmer mind. Chapel 2 (along from English Rm 26)
1.35 – 2pm
- **Secret cinema:** Room 24

Friday

- **Mufti Day:** bring in £1 and wear casual clothes for the day
- **Yoga for sport:** with Tim and Shannon from YogaTonic – one of the area’s top private yoga teachers – with yoga for the whole family, including kids and yoga for skiing. **Venue: Sports Hall.** Sign up on Parent Pay: contribution request £2
- **Resilience Wall:** indoor climbing workshop for all years
- **5 Ways to Wellbeing:** a motivating, interactive talk with tips for getting the most out of life and being the best version of ourselves. External workshop from Bucks Mind. **Venue TBC**
- **Secret cinema:** Room 24

Thank you for your support with this week and in encouraging your sons to be actively aware of their own physical and mental health both in school and at home. If you have any questions about RGS Wellbeing Week ‘Nourish to Flourish’, or if you wish to be involved more closely in the future, please contact me on ajz@rgshw.com.

Kind regards,

Andrew Zair
Coordinator