

20/03/25

Dear Parents and Carers,

### Year 10 - 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 **Tuesday 1 April**, Year 10 will spend half a day exploring the importance of being physically active and the effect it can have on your mental health and wellbeing. This will begin with a lecture on the importance of physical activity followed by sports in the afternoon that may be different to their usual sports of choice. **Please can Year 10 students come to school in RGS kit or RGS tracksuit on this day to make the sessions run more smoothly.** 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.

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- [raising your self-esteem](#)
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

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