

22/04/2024

Dear Parents

Year 7 - SPRING Wellbeing Week 2024

This year we will be running our inaugural 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 7 will be focusing on learning new and unusual skills on Monday 29th April. They will be working with Shooting Stars learning different elements of circus skills. **Please can Year 7 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.

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with 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

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Kind regards



David Durning
Assistant Head - Student Development