

28/02/2019

Dear Parent / Guardian

## WELLBEING WEEK

Attached is an overview of the events taking place in school next week. A more detailed version that was sent out in January, is also attached. We are very fortunate to have Tim from YogaTonic delivering two sessions during the week, and Hartbeats providing some African drumming too. These have now sold out but there are daily events and talks for the boys to attend and listen to, including a great assembly lined up from Ben Jackson, owner of Parent & Pupil Coach focusing on self-esteem and resilience, and Health and Wellness coach Roan Hemmings. We are very excited to host some really great speakers at lunch times too, so do encourage the boys to drop in. We have heard from parents with offers of ideas for the future, which is amazing, so if you know of someone with a skill or workshop that could provide some interesting stimulus or fun, please do get in touch.

You'll notice that on Thursday we are tying in with World Book Day, so please ask your son to bring in a fiction book and get stuck into it during form period and free time that day – we've challenged all boys and staff to a 'tech-free-Thursday', with reduced phone and email use, so perhaps extend this to a full day of no mobile phone usage at home too, if you wish.

On Friday the boys will be offered a mufti day to raise funds for a range of mental health related charities. All boys have been asked to bring in £1, and in return they may wear their home clothes should they wish to.

As always, thank you very much indeed for your support.

Andrew Zair  
Head of Year 8