



Wellbeing at RGS: 2019/20

At RGS we are now four years into our Mindfulness programme which is delivered to students as part of their PSHE curriculum. We have five current members of staff trained to teach the [MiSP](#) curriculum known as .b (dot be). Over 800 boys in the school have had access to this teaching. For some of our students it offers a daily tool for management of teenage and school stresses; for others it may simply be the planting of ideas to turn to in the future. Our experience shows that not only is mindfulness an effective stress-relieving tool, it reduces apathy and enables effective focus on specific objectives and studies.

Over 40 members of RGS staff have completed an '8 Week MBCT course'. Furthermore, we have run two successful parents' courses, including the most recent evolution titled, 'MBCT *for Life!* Our commitment to offering staff and parents an accessible way to better manage our busy lives and deal with life's hurdles will continue this academic year in new and exciting ways. Mindfulness drop-in classes will be held from September onwards, designed to both educate and offer the opportunity for practice – see attached document. All parents are very welcome.

The school is proud to have a strong counselling support network, which provides a safe and supportive space for students to explore their thoughts in non-judgemental environment. Boys also have access to superb physical health and fitness training via our team of 'Masters in Residence' students, providing professional experience and enthusiasm for all of our students. Both of these services are truly outstanding and available to all of our boys.

The importance of looking after body and mind was brought to the fore during Wellbeing Week last March. During the week, students were offered drop in sessions and assemblies in a range of stimulating areas from the following local organisations

- yogatonic.com purposeful yoga for beginners through to elite sport – the boys loved it!
- 'hartbeats' incredible team building and energising using the vibrations of West African drumming
- Parent&Pupil Coach, Ben Jackson
- Roan Hemmings (CoActive Health) – growth mindset
- Discussions about nutrition and better sleep

Year 12: MBCT mindfulness course in the Autumn term (see attached). The course is designed specifically to target this age group. Mindfulness can really help with stresses and strains of A-Levels as well as enabling young people to flourish and enjoy life more fully. Past participants have ranged from Oxbridge candidates to musicians and sportsmen, as well as those keen to find out more. See separate attachment for details.

The importance of taking care of ourselves is filtering through the RGS ethos and permeating our broader community. Thank you all for your continued support with what can seem at times to be quite odd or even radical ideas – they are always with the boys' best interests at heart. Finally, if you fancy getting involved or supporting any of the courses or events next year, don't hesitate to get in touch.

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