

22/4/24

Dear Parents

### Year 10 - 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**

On Tuesday 30 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. **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 well being 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

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