

16/12/2019

Dear Parents / Guardians,

RGS Wellbeing Week 2020: 16th – 20th March

Following on from the success of Wellbeing Week last year, RGS will be running a series of events to inspire and educate our community about the importance of recognising and engaging with our own wellbeing. Events will include guest speakers for assembly, plus seminars and activities during lunchtime. Some will be informative, whilst others are designed to be fun and will offer an opportunity to try something new. The theme of the week will be '*Nourish to flourish*' and we will encourage all boys to engage with at least one activity or talk. More details will follow after the Christmas break.

I would be delighted to hear from any parents who feel they may be able to add value to this week. From Tai-Chi to therapy dogs, if you have a resource that would be suitable, do drop me an email.

If you can offer support or have any questions about RGS Wellbeing Week, please contact me on ajz@rgshw.com.

Kind regards,

Andrew Zair
Coordinator