

Dear Parent/Carer,

On Friday 23<sup>rd</sup> March all of our students will be taking part in a STEP day which is themed around 'wellbeing'. This coincides with 'Sport Relief' and is therefore a non-uniform day with students being encouraged to wear sports clothing for the day.

As a school, we consider ourselves to have an important duty in supporting a child's physical, emotional and psychological wellbeing. There are many aspects of our curriculum which promote wellbeing but we would like to provide an additional opportunity for students to step aside from their studies and reflect on issues that may affect them; offering them new experiences and providing them with some guidance.

On Friday 23<sup>rd</sup> March all students will be taking part in a carousel of activities which explores different aspects of their wellbeing. There are some external agencies who will be working with us, as well as teachers from across the school leading sessions themed around the following key areas:

- Financial wellbeing
- Physical wellbeing and sport
- Physical wellbeing and diet
- Emotional wellbeing and mental health
- Mindfulness
- Community wellbeing – thinking about the wellbeing of others
- Safe lifestyle choices
- E-safety
- Enjoyment and hobbies (healthy attitudes)

All of the workshops will be taught in an informative, non-intrusive way and we will ensure that no student is made to feel uncomfortable during the sessions. The sessions are designed to be age appropriate and therefore students will be reflecting on issues that are relevant to them.

I thought it would be useful for you to be aware of some of the themes being explored during the day.

I have included below a few useful websites which you may find helpful when discussing any of these issues with your child. We hope this will be a really beneficial day for students and something that they will be able to draw upon in the future.

Yours sincerely,

Helen Machin  
Associate Assistant Headteacher

E-safety:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Mental health:

<https://youngminds.org.uk/find-help/for-parents/>

<https://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/>

Lifestyle choices:

<https://www.familylives.org.uk/advice/teenagers/drugs-alcohol/>

<https://www.familylives.org.uk/advice/teenagers/online/gaming/>