



27 April 2026

Dear Parents and Carers,

Wellbeing and Mental Health Day – Tuesday 5th May 2026

On Tuesday 5th May, all Year 7 students will participate in a dedicated Wellbeing and Mental Health Day. This thoughtfully planned event is designed to support students' emotional health, encourage positive self-care habits, and provide valuable opportunities to reflect, connect, and recharge.

During the day, students will take part in five engaging, interactive workshops focused on different aspects of wellbeing. These sessions will include activities such as Art, Walking with Nature, and PE, allowing students to explore creative expression, healthy lifestyle choices, and mindfulness techniques in a supportive and relaxed environment. The workshops aim to help students develop practical strategies for managing stress, building resilience, and maintaining both physical and mental health.

Year 7 is a particularly important stage in a young person's development. This event provides a vital opportunity for students to step away from their usual routines, strengthen peer relationships, and focus on their own wellbeing in a positive and meaningful way.

The event will take place between 8:40am and 3:15pm, and all Year 7 students are expected to attend. The day will be held in school and will follow the timings of a standard school day. **Students are required to wear their school PE kit for the day.**

If you have any questions or would like further information, please do not hesitate to contact me via the school office.

Yours faithfully,

Jo Pulford

Senior Mental Health Lead