



Wednesday 12th February 2020

RE: Year 11 Wellbeing Activities

Dear Parents and Carers,

Preparing students for their examinations is a balancing act; attention must be given to academic preparations, of course, but it is also important that students are motivated, feel confident and supported. As a school, I want us to be more aware of the importance of wellbeing.

To this end, we will be running a Year 11 wellbeing event during period 5 on Friday 14th February. Throughout this period all students will have access to a number of activities designed to promote good wellbeing, including sporting activities, relaxation, recreation and mental health support. Students will have freedom to choose the supervised activity that will be of most benefit to them. There will also be study spaces with Year 11 teachers on hand, should any of the students feel that their wellbeing would be best supported by quiet study. We will be providing food and drink during the session and will offer all students a small motivational gift for them to take away.

The students will have the programme explained to them during registration on Thursday. We will then reiterate this and reinforce our expectations for their conduct during the event in our assembly on Friday.

I hope that you will be in support of this new initiative. I would value any feedback that you may have regarding this initiative, or indeed any aspect of The Emmbrook School. (nmcsweeney@emmbrook.wokingham.sch.uk).

Best wishes,

Nick McSweeney

Headteacher