



Ref; JCH/LMU/wellbeing

29<sup>th</sup> November 2018

Dear Parent/carer,

**Wellbeing Week at Arena Academy 3rd December – 7<sup>th</sup> December 2018**

As you are aware our young people have lots of issues to deal with, their mental health is near the top of that list. At Arena we aim to promote positive mental health, and would like to equip our students with strategies to cope.

Wellbeing week starts here at Arena Academy on the 3<sup>rd</sup> December. There will be a variety of activities for students to get involved in, including assemblies and mindfulness sessions all to help support and encourage positive mental health and wellbeing.

Part of our aim is for students to get involved. We will be asking students to raise money via a sponsorship. The task is to abstain from their mobile phones and social media for 24 hours.....yes I know it's a lot to ask! However we hope to see an improvement in mental health and raise much needed funds for Young Minds, the charity that supports young people's mental health and wellbeing. Please encourage your child to get involved, they can sign up and collect a sponsor form from Mrs Chance and Mrs Sinclair in the Wellbeing Hub.

For parents, we are offering a wellbeing workshop after school on Thursday 6<sup>th</sup> December at 3.30pm, please give us a call and sign up for the session with Mrs Chance or Mrs Sinclair.

Yours Sincerely

The Wellbeing Team