

JLP/avt  
4 October 2017

Dear Parent(s) / Carer(s)

I am writing to you to inform you that your son/daughter will be taking part in Year 9 “Mental Health and Wellbeing day” on Tuesday, 10<sup>th</sup> October 2017 in line with Mental Health Awareness Day. All Year 9 students will be off timetable and have the opportunity to take part in a wealth of activities that challenge them both mentally and physically working as teams and as individuals.

Teen Mental Health is a huge priority for everyone at The John Warner School and has been highlighted recently in our collaboration in promoting the ‘Health for Teens’ website launch- <http://www.healthforteens.co.uk/>

We are keen to ensure that students have a good balance of academic activities and social experiences that allow them the time to have fun and take part in challenges they may not have previously signed up to.

During the day off timetable students will be working in their form groups. This is to continue and reinforce the positive bond they have formed since Year 7 and enable them to build more relationships. Students will be taking part in the following activities:

- **Session 1: What is Mental Health? The facts, information, stigma attached.**
- **Session 2: Tackling Mental Health with fitness (Fitness session)**
- **Session 3: Mental Health globally and Celebrity case studies.**
- **Session 4: Relaxation and Meditation session (strategies to overcome anxiety)**
- **Session 5: Eating to promote positive minds (Food session)**
- **Session 6: Teenage brain and services available at school**

The students will be on a rotation throughout the day and cover all aspects of Teen Health. They will be supported and encouraged by the Pastoral Team who are very excited to work with this year group. Students should come to school in their Physical Education John Warner PE kit to ensure they can take part in all activities across the day.

If you have any questions please do not hesitate to contact me directly. We look forward to an exciting and rewarding day working with Year 9.

Yours faithfully

**Jennifer Pope**  
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