



Re-founded 1555

Ripon Grammar School

Helping shape the future since 1555



11 May 2018

Re: Week of Wellbeing 14-18 May 2018

Dear Parent/ Guardian

Next week is National Mental Health Week and at Ripon Grammar School we want to play our part.

Mental health awareness week is so important because despite one in four people experiencing mental health problems, the topic is still surrounded by stigma and discrimination. Many of us strive for good physical health, but our mental health and wellbeing should be equally important and requires our attention and an investment of time and energy.

So many people in the UK are struggling without help and it's only through raising awareness, education and communication that we can challenge stigma and start to have positive conversations. It's so important to talk because it does not matter how old you are, your gender or even your job; mental health doesn't discriminate and anyone can be affected.

During the coming week there will be a range of activities taking place in school, aimed at raising awareness and providing opportunities for students and staff to try new activities that might help them relax and unwind. A programme has been compiled and I have attached this to the letter so you can see what we are offering. The activities range from meditation, colouring and book reading to Pilates and aerobics. Assemblies will be led by a team of sixth form students, who are passionate about raising awareness of the issues young people face. Each night of the week one year group will have a 'no homework night' and I would ask that during this free time you encourage your child to do something that will benefit their wellbeing.

Throughout the week, personally designed RGS pin badges will be on sale for £1. This is aimed at raising awareness of mental health and the profit will be split equally between the charity, Young Minds and the other half will be reinvested in events that will support future mental health awareness activities in school.

Headmaster: Mr. Jonathan M. Webb, MA (Cantab).

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On **Friday 18 May** there will be 'funny socks or tie day' and we would ask for a donation of £2, again being split equally between the named charity and supporting school intervention work. (Anyone who has purchased and is wearing a pin will only need to donate £1).

In anticipation of your support.

Yours sincerely

Mrs Keelan-Edwards
Deputy Headteacher

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