



Pastoral: Health and Wellbeing Awareness Week Commencing 16 January 2023

Dear Parent/Guardian,

I am writing to make you aware of our third Awareness Week of the year, which is on the topic of Health and Wellbeing, with a focus on study skills and resilience. It will take place during the week commencing Monday 16 January, and will integrate into form time and departmental activities.

The Awareness Weeks are organised by the Pastoral Care Team and this is the third of six throughout the academic year. Their purpose is to increase focus on important topics to bolster our holistic approach and support

Each Awareness Week follows the same format, of an assembly introduction, and followed by a well-curated collection of form time and lesson activities and an expert guest speaker and/or alumni, as per below:

The guest speaker for this week is Michelle Winn, who is the founder of Mindset4Study and is a performance coach. She will be delivering tailored sessions to College and Faculty students on Wednesday 18 January, covering a diverse range of topics from stress management, healthy habits and the teenage brain.

We will also have two visiting alumni who will be coming in – Joshua Schofield and Thomas Somers – on Friday 20 January, who are elite sportspeople. They will be talking to students about the benefits of healthy living and exercise on study performance and the need for resilience. Other sessions will be organized throughout the week by sport and leisure staff, which will include yoga and mindfulness sessions.

Lastly, if you have any expertise in the upcoming Awareness Week topics, we are open to stakeholders of Queen Ethelburga's to participate. If you would like to be involved, or have any other questions about Awareness Weeks, please do not hesitate to contact the relevant School Team; college@qe.org, faculty@qe.org, kingsmagna@qe.org or chapterhouse@qe.org.

Yours sincerely

Mr M L Gates
Alumni and Awareness Weeks Coordinator