



Saint Olave's Grammar School

London 1571

Headteacher: A. Rees BSc.

21 January 2019

Dear Parent(s)/Carer(s)

Wellbeing Week w/c 11th February 2019

I am delighted to announce the School's second Wellbeing Week. The aim of the week is to enable students across the school to consider mental health and the importance of looking after one's wellbeing. The week hopefully will serve to highlight the many issues concerning mental health that relate to students within school.

The first event is a cross curricular Wellbeing day for Year 9 on Monday 11th February. The Upfront Theatre Company are presenting a production to the year group and students will spend the day developing an understanding of wellbeing from the perspective of different departments.

We are delighted to welcome back both Jennifer Langley and Alicia Drummond. Jennifer will be presenting to Year 10 on 12th February. She is a chartered accountant, author and works closely with the Charlie Waller Memorial Trust. She has focused her attention on raising awareness of mental health and the emotional resilience of young people. Her focus is: 'Self-Esteem and When it all goes Wrong'. Alicia Drummond's talk on 13th February will be to Year 11 during the day and then to both students and parents in the evening on 'Anxiety.' Her presentation will be preceded by Mr Haines who will be starting the evening event off at 6pm discussing 'What makes us happy'. Please see the separate email about this event. All are welcome to attend.

PSHE, Assemblies and tutor time will be a forum for further discussion on the theme of mental health.

Finally, we are delighted to launch our second addition of the Wellbeing Journal. Along with articles from both Alicia and Jenny, Oliver Dixon, an Old Olavian and performance psychologist at Fulham FC and co-director of Mindfuel has contributed. Many students have also participated, displaying great academic skill and a keen interest in this topic. Students involved have done a superb job in putting this journal together and I would like to thank Amaar, Hannah and Jake (Year 13) in particular for all of the hard work that went into this project. If you are interested in purchasing a copy this can be done through Squid though it is freely accessible on the website. All proceeds will go to MIND. Copies will be on sale at the event on Wednesday evening.

Promoting wellbeing amongst the student body continues to be a key priority of the School.

Yours faithfully

Rochelle Maxwell

Assistant Headteacher

