



# Beths Grammar School

an 11 – 18 selective school with academy status

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Friday 26<sup>th</sup> November 2021

Dear Parents/Carers,

## **Beths Wellbeing Week 2021: Monday 29th November – Friday 3<sup>rd</sup> December**

As a school we are deeply committed to supporting our students build mental resilience and high levels of mental health, both for life at school and beyond into the adult world. Next week we will be engaged in a variety of whole school initiatives as a community to highlight the importance of developing habits which support healthy minds. The main vehicle which we use to do this is the government's Five Ways to Wellbeing: connect, give to others, take notice, enjoy learning and be active. More information about this can be found here:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Teaching students to not be addicted to mobile phones is an important part of the week, so we ask all parents to support us with *Turn it off Tuesday* – 24 hours without using the mobile phone. If all of the adults in our community take part in this activity and find alternative activities to do for 24 hours, rather than use phones, this will add to its impact. Note: students will still be permitted to use phones for emergency or safety reasons. As part of *Turn it Off Tuesday* we are inviting students in KS3 to bring in board games or social games to play over lunchtime.

We are also asking students to write a piece of writing, or poem, to perform as spoken word. They will be able to perform their spoken word on Thursday lunchtime in the hall. This is to support the additional theme this year of *Words of Wellbeing*. We are interested in getting students to think about the words they use and positive (or negative) impact words chosen can have on the people around them.

As part of the week we will be conduct our annual wellbeing survey and if you do not want your child taking part in this please let their form tutor know as this will be done in form time.

Finally we end the week with Give to Others Day and the 6<sup>th</sup> Form are invited to bring any unwanted gifts or books into the school to give away and brighten up someone's day.

Thank you for your support with this important work.

Best regards

**Mr D O'Regan**  
Deputy Headteacher