



Beths Grammar School

an 11 – 18 selective school with academy status

Headteacher: Mr R J Blyghton

27th November 2023

Dear Parents/Carers,

During the week beginning 4th December, we will be focussing on wellbeing as a whole school community. We will be using the NHS 5 steps to mental wellbeing model, with a daily focus on each of the below:



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

The week will involve several activities, planned by staff across the school, with an overarching focus on mental wellbeing. Some of these activities will take place during normal lessons and some of these activities will take place during recreational time. Please find an overview of the week below:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Be active Students to come in in games kit. Structured activities set up around school during recreational time as well as usual facilities | Notice Students encouraged to either leave their phone at home for the day or leave it switched off in their bag and benefit from some screen-free time | Keep learning Students follow their usual timetable but follow an alternative curriculum learning life skills. This day will include an early finish in the afternoon to spend some time learning a skill or topic of their choosing | Give Thankyous from students to staff and staff to students, as well as our usual Christmas Jumper Day charity initiative | Connect All students to receive some basic training on how to listen actively, encouraged to reflect on the week and what has worked for them |

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During wellbeing week will also be surveying our scholars with a brief questionnaire in relation to their own wellbeing directly, using the questions found in the good child index. More information regarding this can be found here. [The Good Childhood Index | The Children's Society \(childrenssociety.org.uk\)](https://www.childrenssociety.org.uk/GoodChildhoodIndex).

The children's society have also produced some excellent resources including this excellent resource: [guide to help adults](#) to have better conversations and to support young people's wellbeing. They have also produced further resources which are also available following these links including: [a friendship guide for young people](#) and [how adults can help young people with friendships](#) and [our young people's well-being guide for stressful situations](#).

The national Good childhood report (2023), which is produced annually, can also be found following this link [Good Childhood Report 2023](#).

As outlined above, part of our commitment to this slightly different week will mean that school will finish at an earlier time on Wednesday 6th December, depending on which year group your child is in.

Please find earlier finish times for Wednesday 6th December below:

| | Year groups | Finish time |
|-------------|-------------|-------------|
| Key stage 3 | 7,8 and 9 | 2.30pm |
| Key stage 4 | 10 and 11 | 2.45pm |
| Key stage 5 | 12 and 13 | 3.00pm |

Any students who usually travel home via the Orpington bus will be collected from the usual point at the above revised times.

Should you anticipate any difficulties or issues with this arrangement, then please do not hesitate to contact the school directly.

Thank you in anticipation for your support as we continue to ensure that mental health and wellbeing remains a priority for all members of our school community.

Yours sincerely,

Ms Bridge
Whole school Wellbeing Lead