



Pittville School
Cheltenham

Albert Road, Cheltenham, GL52 3JD

telephone 01242 524787

fax 01242 228750

email achieve@pittville.gloucs.sch.uk

website www.pittville.gloucs.sch.uk

Headteacher Richard Gilpin

22nd January 2019

Dear Parent/Carer,

It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood.

One of our main aims at Pittville School is to enable students to be resilient and to support good mental health and well-being. To further equip the students with the skills to maintain good mental health and well-being, we have decided to do some work around the NHS Five Steps to Well-being during Friday tutor sessions.

The NHS recommends the following steps as a way to improve our mental health and well-being:

1. Be Active.
2. Connect.
3. Take Notice.
4. Keep Learning.
5. Give Something Back.

During Friday tutor sessions, each year group will be assigned one of the steps to focus. They will complete an activity linked to one of the above themes, and the themes will rotate throughout the year.

Year 7 will begin with 'Be Active'. During their tutor time Year 7 students will be asked to walk/jog or run the daily mile challenge. Year 7 students will need to bring their trainers during these sessions.

Year 8 will begin with 'Connect'. Year 8 students will focus on connecting with different peer groups, culminating in a pen pal club.

Year 9 will begin with 'Keep Learning'. Year 9 students will practise a new skill, the focus of which will be decided by the group.

Year 10 will begin with 'Take Notice'. They will engage with local, national and international news stories through a variety of media sources.

Year 11 will begin with 'Give Something Back'. Year 11 students will volunteer to mentor/tutor students in Year 7-8 across a range of subjects.

By engaging with this whole-school specialised approach, it is hoped that students will begin to realise their full potential and equip themselves with the skills to manage the normal stresses of life. Furthermore it is hoped that they will be able to work more productivity and fruitfully while giving something back to their community.

I hope that you will support the school in this exciting new endeavour.

Yours faithfully,

Miss S Iannone
PSHE Subject Leader