

ISM/LMC/Active in Mind/2024



Etone College
www.etonecollege.co.uk

21st March 2024

Dear Parent/Carer

Active in Mind Athlete Mentor Programme 2024

Your son/daughter has been selected to take part in the Active in Mind – Athlete mentor programme from Youth Sport Trust.

Active in Mind – Athlete Mentor programme uses qualified athletes to support pupils who **may** be struggling with self-esteem, school life and with their physical and mental health.

The purpose of programme is:

- To be the catalyst for more young people to get involved in physical activity.
- To use physical activity and sport as a tool to improve well-being.
- A fun way to increase pupils' self-confidence, self-esteem and resilience.
- To help improve lifestyles and make the changes required to do so.
- Raise awareness and de-stigmatise mental illness.
- Highlight the importance of wellbeing for everyone.

Pupils will participate in a variety of workshops over a course of 6-12 weeks aiming to equip them with the tools to improve their own well-being. These workshops will take place within normal school hours on school site.

Etone College staff will be supervising pupils throughout this programme; which will begin with the Athlete Mentor Visit on **Wednesday 10th April**. Pupils should make sure they arrive at school wearing their uniform and must bring their **full Etone PE kit** with them.

Should you have any queries regarding this programme, please contact Mrs R Smith.

Yours faithfully

Mr I Smith
Headteacher



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Matrix
Academy Trust
EDUCATION WITHOUT EXCEPTION

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Etone College



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