



**Etone College**

[www.etonecollege.co.uk](http://www.etonecollege.co.uk)

Dear Parent/Carer

As part of our mental health strategy, we will be holding an Etone Wellbeing Week from 11<sup>th</sup> -15<sup>th</sup> March. In this week, we will be encouraging pupils to focus on positive mental health and the steps that they can take to stay mentally healthy. Each day will focus on a different top tip and there will be activities throughout the week for pupils to take part in. Our top tips are based on those recommended by the NHS and include:

- Connect with Others
- Stay Active
- Keep Learning
- Give to Others
- Take Notice

At the end of the week (Friday 15<sup>th</sup>), pupils will be able to wear non-uniform if they make a donation for Comic Relief – the suggested amount is £1 and will be collected on the gates as pupils enter school. This will form a key part of wellbeing as one of our top tips is about giving to others. Also, during this week, we will be collecting for our House Charities on the Wednesday – all we are asking is for any donations of small change that you might be able to offer to support these causes if you feel able. Our House charities will be presenting assemblies to pupils before Easter to share the good work that they do and how any money raised is spent. Our House Charities are as follows:

- Centaur – Diabetes UK
- Dragon – Guy's Gift
- Griffin – Doorway
- Phoenix – Mary Ann Evan's Hospice

We are proud to support these charities that makes such a difference in our local community.

Details of our provision for mental health and pupil wellbeing can be found on our website as follows:

<https://www.etonecollege.co.uk/student-wellbeing/>

Do please follow our good news stories on our website to find out more about Etone Wellbeing Week and personal development activities

Yours faithfully

**Mr I Smith**  
**Head teacher**



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