



Etone College
www.etonecollege.co.uk

Dear Parent/Carer

At Etone College, we place a very strong emphasis on promoting positive mental health and wellbeing.

As part of our mental health strategy, we will be holding a Stress Awareness Fortnight from 15th – 26th April. Please look out on our social media platforms for information about events that are coming up and good news stories once these have taken place.

During this time, the following activities will be available for pupils – do please encourage your child to get involved and take part:

- Self-Reiki and meditation – a drop in session for pupils during breaktime on Wednesday 17th April.
- A treasure hunt around school for Years 7 and 8 where they will collect information on how to promote their wellbeing. Information will be sent out through form tutors.
- A drop in every Wednesday at the Success Centre for Year 11 & 13 during the build up to exams as we recognise that this is a busy and stressful time for pupils
- A “Grow your own Sunshine” project for pupils and staff. Pupils will be able to take a sunflower seed and grow this over the next few weeks with prizes awarded at the start of July.

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/>

In addition, we will be sending out information to all pupils on how to manage stress and have information available on our website to support the preparation for exams. This can be found at:

<https://www.etonecollege.co.uk/wp-content/uploads/2023/04/Support-Websites53.pdf>

Yours faithfully

Mr I Smith
Head teacher



Etone College
Leicester Road
Nuneaton
Warwickshire
CV11 6AA



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Academy Trust
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024 76 757300



Etone College



etone.college



postbox@etonecollege.co.uk

