



9<sup>th</sup> March 2026

Dear Parents and Carers,

### **Etone Wellbeing Week**

At Etone College we are committed to supporting the Wellbeing of all members of our school community. During the week beginning Monday 16<sup>th</sup> March, we will be holding our Etone Wellbeing Week, which will include a range of activities and opportunities designed to promote positive mental health, kindness and healthy habits for our pupils and staff.

Throughout the week pupils will be able to take part in several Wellbeing Activities, including:

- Walk and Talk (Year 9) – During form time, Year 9 pupils will have the opportunity to take part in a short walk with their form group. This encourages conversation, fresh air and a positive start to the day.
- Mental Wellbeing and Anti-Bullying Pop-Up Stand – On Wednesday break time for KS3 & KS4 and Thursday break time for KS5, there will be an information stand in the café and hall and 6<sup>th</sup> form area where pupils can access advice, resources and speak to staff.
- Just Dance – A fun, active session will take place during Friday break time, giving students a chance to move, relax and enjoy some music together.
- A competition to create a healthy meal and win an Amazon voucher. Pupils are able to complete this at home and take a picture, which they will email to [lbarlow@etonecollege.co.uk](mailto:lbarlow@etonecollege.co.uk) before Friday 20<sup>th</sup> March. Alternatively, pupils can attend cooking club on Tuesday, we will provide the ingredients, and they will be entered for the prize draw. Please sign up at reception before Thursday if you are interested.
- We are also running a healthy schools competition card. These can be collected from the cafe and the main hall from Monday. Pupils are given options of different activities to complete across the week. If a pupil completes 6 activities and posts the card in the box in reception, they will be entered for the prize draw.

Our Mental Health Ambassadors will also be supporting the week with initiatives. They will be organising a “Secret Sweet Drop” for staff to show appreciation and kindness, as well as running a small charity collection called “Small Change, Big Difference.” Pupils can bring any spare change to donate each morning on the way into school, with all proceeds going to the mental health charity MIND.





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All pupils in KS3, KS4 & KS5 will also be encouraged to complete Top Tip Challenge Cards during the week. These activities link to our school values and employability skills, helping pupils reflect on positive behaviours such as kindness, resilience and teamwork and how to keep themselves healthy. As we approach the upcoming holidays, we would also like to remind parents about the importance of maintaining healthy routines and supporting wellbeing at home. Useful guidance, activities and support for families can be found through Warwickshire Family Information Service, which provides advice on health, wellbeing and family support across the local area.

If you have any concerns about your child's wellbeing at any time, please do not hesitate to contact us. You can reach the school by emailing [postbox@etonecollege](mailto:postbox@etonecollege) and a member of staff will ensure your query is directed to the appropriate team.

Thank you for your continued support in helping us promote a positive and supportive environment for all members of the Etone community.

Yours faithfully

**Mr I Smith**  
**Headteacher**



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