



World Mental Health Day

Staff and students proudly joined others across the country to mark World Mental Health Day at show support for young people’s mental health by wearing something yellow. It was a pleasure to see so many of you engaging in discussions and activities exploring how we can support mental health. We stand brighter together. Thank you all!



In The Wild with Year 7

Year 7 have been immersed into nature the past couple of weeks as they go ‘In the Wild’ with Happy Confident Kids. Exploring the wooded natural areas of our site they have been taking part in a lot of different activities focused on the natural area as well as exploring emotions and wellbeing.

This included an emotions scavenger hunt, creation of boats of materials found in the woods (and seeing if they float) and exercises to get in touch with their feelings. Year 7 students have engaged well with this experience, getting stuck in even during the rain! We look forward to continuing these activities over the next four weeks!

