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Dear Parent/Carer



Our school is really pleased and proud to launch a whole school health and wellbeing programme, entitled BeWell. This programme involves students spending time in registration considering aspects of our health and wellbeing, and developing strategies to ensure we are as well as we can be. Alongside this, Wednesday 18 October will be our very first saltash.net BeWell Drop Down Day. All students will be off timetable and given the opportunity to choose up to 5 sessions and workshops that focus on various different aspects of health and wellbeing. Session areas include:

- Practical fitness sessions.
- Mixed sessions focussing on nutrition and training.
- Creative arts sessions.
- Drugs and alcohol awareness.
- Dealing with bereavement and loss.
- Dealing with anxiety.
- Body confidence sessions.
- Practical sessions focussing on food, health and wellbeing.

It is our aim that all of our students are given their own choice in order to ensure that each and every student gets the most out of the Drop Down Day.

In order for us to ensure that choices are made and timetables are produced in good time, every student will receive an email from me directing them to an online options form. Students will be asked to select ONE choice per option block. Options have limited numbers and therefore I would encourage students to complete their online form as soon as possible. In order to confirm bookings and organise individual timetables, all forms need to be filled out by **Wednesday 27 September**.

If you have any queries or concerns, please do not hesitate to contact me.

Yours faithfully

A handwritten signature in black ink, appearing to be 'A Feldwick'.

Mrs A Feldwick
Director of Creativity
afeldwick@saltashcloud.net

