

Be Well Drop Down Day

Students at saltash.net were offered the chance to take part in the school's first ever Be Well Drop Down Day on Wednesday 18th October, focusing on their health and wellbeing.

Organised by Director of Creativity, Mrs Feldwick, students were allowed to take their pick from over fifty different sessions, all of which centred on student wellbeing. Students focussing on physical health, took part in varying activities including boxing, trampolining, cookery, colouring for calm, music, and drama workshops.

Whilst other groups focussed on issues surrounding mental health, such as body confidence, dealing with anger, and how to manage stress.

Experts were invited in from around the region, providing our young people with prioritisation strategies and ways to deal with exam stress.

One talk was given by ex-saltash.net student, Ed Buckingham, who has reached the peak of the highest mountain on every continent. Ed spoke on, 'Strength in Adversity,' and about the ability to develop grit and resilience in the face of hard times!

Students also had the opportunity to express themselves through creativity, enjoying sessions such as clay modelling, sugarcraft, finger painting, Mandala creation, and the power of plants, where groups made bath bombs.

Mrs Feldwick was delighted with how the day went.

"Wow – what a great first Be Well Drop Down Day! Today, every student at saltash.net had the opportunity to access a completely personalised health and wellbeing day. The range of activities and sessions on offer has been fantastic.

"Thank you so much to everyone involved, and to our brilliant students for embracing the day and getting fully involved in the activities they completed," she said.

