



12th December 2019

Harrogate High School Wellbeing Day: 13.12.19

Dear Parent/Carer,

I hope this email finds you well,

Tomorrow all students and staff within the school will be taking part in a whole school wellbeing day. Everyone will have the chance to participate in a series of workshops throughout the day on a variety of topics including: fundraising for VMG charities, sleep, improving and recognising wellbeing, team challenges as well as a wellbeing workshop of choice.

Throughout the VMG programme and assemblies this year, students have been completing activities that tie into the 6 ways to wellbeing. In its simplest form wellbeing could be defined as simply feeling good and being physically well.



As a whole school community, it is exceptionally important to us that we put the wellbeing of all at the heart of what we do. We are really excited as a school community for events tomorrow and moving forwards.

Yours faithfully

Miss E Dobson
Associate Assistant Headteacher

