



December 2023

Dear Parents/Carers

Year 9 BeWell programme - Wild and Well trip to Mojo Active

The Wild and Well trip forms part of the BeWell programme run at Backwell School. The purpose of the programme is to educate students on ways to look after their wellbeing.

In Year 7 students took part in Runwell, in Year 8 they took part in Breathewell. The hope is that by trying different activities in each year, at some stage they will take part in a well-being strategy that they enjoy, and the experiences will stay with them so they can draw on them in the future when they may need to find a way to support their wellbeing.

I am writing to let you know more about the Year 9 initiative which takes part during term 4.

Year 9 students will be taking part in 'Wild and Well', the aim of which is to show students the benefit of being outdoors in all weather, away from noise and distraction. This links into the '5 Ways to Wellbeing' as detailed on the NHS and Mind websites.

Wild and Well begins with a one day trip to Mojo Active at the beginning of Term 4. The staff will be hosting a variety of activities for the students, based on how nature and being outdoors is beneficial for your mental wellbeing. The day trips will take place in learning groups during the first week of Term 4 dates as follows:

Tutor Group	Date
9C and 9D	Wednesday 21 February 2024
9F and 9G	Thursday 22 February 2024
9H and 9I	Friday 23 February 2024
9E	Monday 26 February 2024
9A and 9B	Wednesday 28 February 2024

To build upon their experiences following the Wild and Well trip, students will be taken out of one lesson a week for three weeks, to go outside and take part in a creative mindfulness activity.

To begin the Wild and Well programme, **students are being asked to go for a walk in the next few weeks and take a photo of something that grabs their attention**, e.g, frost on branches, a good view, a sunset, a leaf. I would like them to email these to school so we can see what the students have been up to. The email address is wildandwell@backwellschool.net.

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The cost of the Wild and Well trip is £32, which can be paid on www.parentpay.com the school's online cashless payment system. If your child is in receipt of free school meals and/or is Pupil Premium, financial assistance is available. Please contact the Finance Team via finance@backwellschool.net or on their direct line 01275 465 941. If you have any queries regarding ParentPay, again please contact the Finance Team.

Please can you open the attached MS Forms link <https://forms.office.com/e/ndj9xPtGBv> and complete the required information, relating to the Wild and Well trip to Mojo Active by **Friday 2 February 2024**.

I hope you will agree that this will be a very worthwhile experience and will continue the work the students have done over the last two years around supporting their mental health and wellbeing. If students are able to fully engage with all activities it will build their resilience, giving them further tools to aid their wellbeing as they progress into adulthood.

We are very excited about the programme and will be in touch closer to the time with more details about the trip. If you have any questions please feel free to contact me.

Your sincerely

Anna Randall
Teacher of Maths and BeWell co-ordinator

Further information can be found at:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/>