



Ryecroft C.E. Middle School

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Ryecroft C.E. Middle School
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30th April 2021

Dear Parents / Carers

Ryecroft to Alton Wellness Walk 2021

I am pleased to write to you about our up-and-coming Wellness Walk!

After being cooped up throughout lockdown and experiencing the effects of a pandemic, we are eager to provide opportunities for our pupils to engage positively with their mental health and environment, with a view to developing strategies for today and the future to support emotional resilience.

We wish to host a Wellness Week during the week commencing 24th May 2021. This will involve pupils partaking in a 90 minute session with a qualified wellness coach, as well as experiencing a variety of drop down afternoons designated to relaxation and emotional wellbeing. The week will end with a Wellness Walk on the last day of this half term, Friday 28th May. The walk is approximately 10km, and will take the route from the School to Alton Station and back again, using the old railway line. It is the route we have used in the past for the sponsored walk.

Due to the restrictions of Covid-19 and working to keep everyone safe, we did not feel that it is appropriate to ask pupils to get sponsors, complete paperwork and collect money from multiple households as we have in previous years. For this reason, we thought we could link it into a general week aimed at promoting wellbeing.

In order for the week to go ahead smoothly and for all pupils to have access to the wellness coach, activities and the walk, we would require a minimum donation of £2.00 per pupil to be paid to the School by Friday 21st May via your ParentPay account.

We aim to stagger the walk between key stages, so that Years 5 and 6 complete the walk in the morning leaving School at approximately 9.30am and Years 7 and 8 would leave at 12:30pm. F.O.R.M will kindly provide refreshments for pupils at Alton Station (the half way point), after which pupils will make their way back to School. We warmly invite parents, grandparents and friends to support us with serving refreshments, assisting with crossing roads and generally encouraging the pupils as they walk. If you feel that you can help in any way, please contact the school office.

Pupils will need to ensure they wear suitable clothing for walking, specifically sensible footwear and a waterproof coat, along with sun cream, a hat and a drink in preparation for any eventuality regarding the British weather. **Glass bottles and fizzy drinks are not permitted.**

We very much hope that your child can be part of this event as it feels like the first step towards getting back to normality.

Thank you in advance for your support

Yours sincerely

Miss R Baramuszcak
Headteacher

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