

QUEEN ETHELBURGA'S COLLEGIATE



Chair of the Collegiate Board: Mrs A Martin. MSc, BA, FIoD | Principal: Mr D Machin. BA (Hons), PGCE, PGDip
Bursar: Mr C Hall. BSc, FCA

Dear Parent/Guardian

Spirituality Awareness Week Commencing Monday 13 May 2024

I am writing to inform you about our upcoming Spirituality Awareness week which commences on Monday 13 May 2024. The theme for the week this year is 'Hope'.

It's so easy for us all to get caught up in our busy lives and school life is no different. It is important to take some time out to be in the present moment, to feel connected to those around us, the needs of others, to the natural world and, for some, to a deity. We will be having a series of assemblies and activities in school to reflect on this.

We have assemblies that will be delivered by our Spiritual Lead Rebecca Barber and a number of student workshops and sessions run by trained staff Tess Simister-Brown and Cecilia Tsang, some examples of the sessions are; coping with stress, mindfulness, Tai Chi, and guided meditations. There will be form-time activities and a 'hope tree' where students will be encouraged to write on a tag their hopes for themselves, their friends and family or hopes for the world. Students will be able to put the tags on the 'hope tree' for all to see encouraging feelings of positivity, optimism and hope.

There will also be a number of activities based on the theme within the boarding houses.

If you have any further questions or would like to know more about our awareness weeks please visit our website or contact the relevant school team: kingsmagna@qe.org, faculty@qe.org or college@qe.org. If you have any experience, knowledge or expertise in any of our Awareness Week topics and would like to get involved for example delivering an assembly or a small group session etc then please email the above schools or contact myself at thardaker@qe.org.

Yours sincerely,

Mrs Tracy Hardaker.
Equality, Diversity and Inclusion Officer and Awareness Weeks Coordinator.