

# SUPPORTING STUDENTS MENTAL WELLBEING WORKSHOP



Tuesday 11th February  
10am - 11:45pm



Thurstable School & Sixth Form  
Maypole Road, Tiptree, Colchester,  
Essex, CO5 0EW

Recent research shows that 1 in 4 young people face poor mental well-being, emphasising the need for schools to provide additional support to help students better understand the various conditions affecting them. Evidence suggests that physical activity can improve mental health, enhancing self-esteem and mood.

We invite you to join us to explore the various programmes, projects and initiatives from Active Essex, which offer opportunities for young people and to share your current issues and needs in this space to enable a joined up approach to the design and creation of future solutions.

## Learnings from the workshop include:

- Receive 1-2-1 support through professional and educators
- Learn evidence based techniques and gain an understanding of the tools and resources available to support your students mental health through physical activity
- Discover ways to foster an inclusive classroom environment
- Connect with educators, teachers and professional's to build collaborative network
- Provide practical tools to better understand and support your students

10:00

Arrival - refreshments and networking

10:30

Start

10:30 - 11:00

Active Essex overview

**OUR OFFER** - Active in Mind, Walk & Talk resources,  
Active Travel, CPD, Move with Us,  
Active Essex Foundation and HAF

11:00 - 11:30

Group tasks on tables

11:30 - 11:45

Round Up - Lunch will be provided

