



Highsted Grammar School

Wellbeing activities in school

Throughout the school year, students from all year groups participate in activities to help the promotion of a positive mental health. During form time, assemblies, lunchtimes and lessons, through the Education for Life Programme, as well as additional timetabled activities, there is a wealth for activities available for students to access.

Key events to support positive wellbeing

Year 7 Friendship day. The friendship day run by Year 12 mentors takes students back to, how to make and maintain friends. It promotes the link between good friendships and mental wellbeing.



Year 8 Bushcraft residential offers students the opportunity to step away from technology and build communication skills in a fun outdoor learning environment.



Highsted's Choir visited St. Michael's Church in Sittingbourne to support World Mental Health Day and World Homeless Day.



Dr Shola Mos-Shogbamimu inspired Sixth Form students with the clear message that there is no limit to what they can achieve, and they should believe in themselves.



Year 9 and 11 participated in the Wise Up 'Hub Challenge' to develop vital communication skills through problem solving.



House Drama offers the opportunity for students across all year groups to build new friendships and support their community in a fun, competitive environment.

