

Dear Parent / Carer

We are delighted to let you know that this year we are doing things a bit differently at Durrington!!! Having experienced staff and students participating so successfully together in recent events such as sports day and our sponsored walk we are keen to create more opportunities for our entire community to come together and make a positive difference. Hence this year we are planning, under the title of well-being, to take on a series of challenges / run a series of events so as to make a real difference both within school and our wider community.

The first challenge will take place across the whole of next week (25-29th September 2017). It is a challenge event called Pole to Pole. The challenge is to see whether together, as one community, we can walk / jog / run the equivalent straight line distance between the North and South poles which is a staggering 12,474km.

As you may have seen in the news / witnessed first hand there are increasing concerns being raised about young people's mental health. It is now estimated now that 1 in 10 young people have some form of diagnosable mental health concern and that 50% of adults who have a mental health concern had this start before the age of 14. Thus, our role as a school / community has never been more important. We firmly believe we can do something more to make a positive difference, raise awareness and support those suffering. We are therefore dedicating this first challenge to supporting the charity [Young Minds](#).

Donations can be made in support of your son/daughter/colleague/school via the link below:

<https://www.justgiving.com/fundraising/durrington-high-school-youngminds>

Just think if we raised just 20p for every km covered we could raise a massive £2,500.

The logistics

- - We are setting up a 1km track on the school field and encouraging all students, staff, governors, parent/carers and siblings to be involved. It is only by working together can we be successful whilst at the same time building stronger relationships, improving physical and mental health.
- **Students will be able to participate (add a km) in their PE lessons as well as before school, breaks, lunches and after school. There will be a whole series of awards on offer for both achievement and participation.**
- **Parents/carers/siblings are invited to take part between 3-4pm on Friday 29th only when the race to the finish will (hopefully) be happening. All you need do is come in via the pavilion gates and register before completing a lap or two!**

Please encourage your son/daughter to participate and become involved in our challenge (as staff will be doing).

We are one team, one school and one community and together we can do amazing things.

Yours sincerely

**Mr Woodcock
Deputy Headteacher**