

Dear Parent / Carer

### **Year 11 Exam Stress Buster Mud Run**

We would like to share with you a great article published today on the Herald website (<https://www.worthingherald.co.uk/news/education/a-muddy-good-way-to-beat-exam-stress-1-8415576>) about our recent Year 11 Exam Stress Buster Mud Run. We plan for this fantastic event to become an annual fixture for key stage 4 students with the aim of it complementing all of the other positive work we are doing with the students on supporting and managing their own wellbeing.

A huge thank you to the 100+ year 11 students who took part, to [London Youth Action](#) and to all of the 24+ staff who helped out and took part for making the event so brilliant. Any further donations in support of Samaritan's would be very welcome. The link can be found here <https://www.justgiving.com/fundraising/dhsyear11>

Yours sincerely

**Mr C Woodcock**  
**Deputy Headteacher**