



Beths Grammar School

an 11 – 18 selective school with academy status

Headteacher: Mr R J Blyghton

18th May 2026

Dear Parent/Guardian,

Wellbeing Week at Beths 1st – 5th of June

With one in every six young people experiencing mental health problems by the age of 16, promoting and supporting our students' mental health is integral to our vision at Beths. To mark National Mental Health Awareness week, we will be running several events as part of our annual Wellbeing Week. The full program will include in-class sessions, discussions, and wellbeing activities and will be shared with your young person in the coming days.

As part of this program, scholars will be having **an early finish on Wednesday the 3rd of June**, with:

Key Stage 3 leaving site at 12:00 pm

Key Stage 4/5 leaving site at 13:00 pm

Students should use this time to partake in one or more of the wellbeing activities that they will have discussed in their classes.

Students who take the **Orpington Coach** will be collected at **1:10pm**. KS3 students can remain onsite in the LRC until closer to the time of the coach arrival at 1pm. Any student that accesses free school meals will receive additional communication from the office to confirm if a packed lunch will be required.

We will be providing space and supervision for any students who would like or need to stay on site. Accordingly, please kindly confirm in writing to our Admin team via their email (admin@beths.bexley.sch.uk) if you would like your young person to stay on site until regular dismissal time or to wait for the Orpington Coach.

Thank you so much for helping us to support our Beths community and to keep our young people safe and nurtured.

Yours sincerely,

Ms M. Minkowich
Mental Health & Wellbeing Lead