



The Hayfield School

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Dear Parent/Carer

As many of you will be aware this week marks *Mental Health Awareness Week*. It is a week in the calendar to increase people's awareness and understanding of mental health. This year's theme is *Movement: Moving more for mental health*.

One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected. Looking after ourselves physically also helps us prevent problems with our mental health.

Movement is a great way to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking can boost our mood, increase our mental alertness and energy levels. Movement helps us feel better about our bodies and improve self-esteem. It can also help reduce stress, anxiety and in turn, help us to sleep better.



Is a mental health charity with many valuable resources and articles around mental health. Access [here](#) to learn more about how exercise can boost your mental health.

[This link](#) shares different ways to get you and your family moving this mental health awareness week and hopefully beyond!

During the week in school, students will be encouraged to take opportunities to move more at lunchtime and through after school clubs, below is the most up to date sports clubs that are available this term.

• Kindness • Decency • Strong Work Ethic •

ALL CLUBS WILL RUN BETWEEN
2.45 - 4.00 PM

Summer term 2024
Extra
Curricular

THE HAYFIELD SCHOOL SPORT

MONDAY



FALCONS (BADMINTON)
ALL YEARS
MHA

TUESDAY



HAYFIELD GOLFERS
Y8/Y9/Y10
TMA



HITTERS (CRICKET)
Y7/Y8/Y9/Y10
ITA/TCA/REL



ALLSTARS (ROUNDERS)
ALL YEARS
LHO/KSC

WEDNESDAY



ROCKETS (TENNIS)
FIXTURES



HITTERS (CRICKET)
FIXTURES



ALLSTARS (ROUNDERS)
FIXTURES

THURSDAY



ROCKETS (TENNIS)
ALL YEARS
TMA



HAWKS (ATHLETICS)
Y7/Y8/Y9/Y10
ITA/MHA/LHO
KSC /TCA

Our website has a section dedicated to [Health & Mental Wellbeing](#) offering advice and guidance on many topics from anxiety and body image to sleep and bereavement.

Kind regards

Mrs Spotswood
Assistant SENCO and Health and Wellbeing Coordinator