



# Kings Langley School

## Welcome to Feeling Good Week!



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Unlocking Potential for Life





# Introduction

A team from the Sixth Form have been fortunate to be commissioned to run a project in school to support

**Feeling Good Week – Hertfordshire 2021.**

and we need you to get involved!



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## What is Feeling Good Week?

It is a Hertfordshire-wide event that encourages schools and the wider community to promote children and young people's emotional wellbeing by raising awareness of mental health and showing where support can be accessed within the community.

We want you to help make children and young people in Hertfordshire feel good by running your own special projects to boost their emotional and mental wellbeing.



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## When is Feeling Good Week 2021?

It is running from 8<sup>th</sup> until 12<sup>th</sup> February.

But we will be launching our project this week and plan activities that you can get involved with that will run from this week until the end of June. We hope that by doing this, more people will be able to see what we are doing once we are able to be back in school.



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# Feeling Good Week 2021

- Kicking off with a questionnaire going out to every student in the school.
- Prizes for taking part.
- Collecting the responses to find out what people think and how they are feeling.
- Further activities to follow.
- Run by students, for students.



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# The Feeling Good Week Student Survey

- Take part in our student survey for a chance to win one of the special prizes.
- Everyone who completes the survey will have a chance to win.
- In each form, we will be giving away two 'Feeling Good Week' books and pens.
- And there may be extra prizes!

But more importantly, the responses will help us with the next phase of our project.



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## The Feeling Good Week Student Survey

- The survey will be posted onto Show My Homework for all students to complete and submit.
- Everyone will have plenty of time to complete this and the prize draw will be made in March.



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# The Feeling Good Week Student Survey



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**Thank you for watching.**

**Please contact us if you need any information about  
our project.**

**We would love to hear what you think and if you  
have ideas for the sort of things that we can do to  
help you all to FEEL GOOD!**

**The Feeling Good Week team.**



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