



08/02/2022

Dear Parent/Carer,

Re: Dame Kelly Holmes On Track To Achieve

Some really good news – your child has been selected to take part in the Dame Kelly Holmes Trust On Track To Achieve programme.

On Track to Achieve for Wellbeing is an innovative school-based mentoring programme in which Athlete Mentors work with groups of young people to improve their mental wellbeing.

The programme helps develop the confidence, emotional resilience and teamwork of young people, and enables them to prepare to understand more about the benefits of an active lifestyle and to understand the role this can have on mental wellbeing.

Over the course of the programme, young people will have the opportunity to:

- Work with an Athlete Mentor to achieve their personal goals and targets set for the programme.
- Work as a team with other young people from within the school and/or in the local community.
- Be part of a social action project that will make a positive impact locally.

Our athlete mentor Fontaine Wright, World Champion badminton player; will carry out 8 sessions with your child over the coming months. These sessions will be run over two periods at a time, the introductory session will be on Thursday 10th February. You will be notified of the remaining sessions as they are booked in.

I hope that this will evoke a positive conversation with your child about attendance, commitment and participation to this program over the coming weeks, in order to gain the full benefit of these sessions.

Please feel free to contact me if you have any further questions on sperkins@beaconhillacademy.org.uk.

Yours faithfully,

Mrs S Perkins
Teacher of Computing
DKH co-ordinator

On track to
ACHIEVE
FOR WELLBEING



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