



THE BOURNE ACADEMY

October 2019

Dear Parent/Carer,

We have three ASPIRE days every academic year designed to develop our ASPIRE competencies and provide an exciting and memorable experience for your child. Our first ASPIRE day will be themed around wellbeing and will be held on World Mental Health Day, Thursday 10 October. We are delighted that Kooth, who provide online mental health support for children ([www.kooth.com](http://www.kooth.com)), will be delivering assemblies to years 7-11 on this date. The World Mental Health Day theme is 'Suicide Prevention', and while we appreciate this is a very sensitive subject, it is something we all need to be aware of in order to support ourselves and others.

In addition, we will be holding a cake sale at break with proceeds going to Dorset Mind as part of their "Tea and Talk" campaign. We would appreciate any donations of cakes or biscuits for this event.

There will also be representatives from the Village Gym in the lawn at lunchtime to speak to your child about the importance of physical activity and wellbeing.

If you have any questions, please do email me at [vicky.woodings@thebourneacademy.com](mailto:vicky.woodings@thebourneacademy.com)

Yours sincerely

Mrs. V Woodings  
Head of Careers and Aspirations

**Principal: Mr Mark Avoth**

**The Bourne Academy, Hadow Road, Bournemouth, BH10 5HS | Tel. 01202 528554 | [admin@thebourneacademy.com](mailto:admin@thebourneacademy.com)**

**[www.thebourneacademy.com](http://www.thebourneacademy.com) | [@BourneAcademy](https://www.instagram.com/BourneAcademy)**

The Bourne Academy is a charitable company registered in England under Company no. 07148158  
Registered office: Hadow Road, Bournemouth, Dorset, BH10 5HS