



# The Henry Cort Community College

Hillson Drive, Fareham, Hampshire PO15 6PH

Telephone: 01329 843127 Email: enquiries@henrycort.org

www.henry-cort.hants.sch.uk

Our ref: BEP/LCD

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Dear Parent / Carers

## **Lifestyle Experiment – Part 2**

For the two weeks after half term, the college is conducting the 'Lifestyle Experiment – part two'. This is a follow up to the work we did in the Autumn term (Lifestyle experiment – part one).

All students will be encouraged in tutor time to record some data about their own sleep, diet, exercise and screen time and to reflect on this data. In the second week we will be encouraging all students to try and increase 'positive life-style choices' and lower negative choices.

The point of this is to help promote a happy, healthy and sustainable life-style to all our students. We know that making certain life-style choices can have a huge impact on our health, well-being, happiness and life-chances. Sometimes making the right choices can be very difficult so we are trying to get students to explore these issues for their own benefit and hope it enables them to make good choices in the future.

This time around we are also inviting students to engage in some positive after college activities, for which they can earn extra house points. The tutor group with the most extra house points at the end of the two weeks will also win a grand prize. See below the options for students and please support and encourage them to get involved!

2HP	3HPs	5HPs	10HPs
Help your Tutor (lead the quiz/debate)	Doing an after college club (at college)	Attend a club outside of college	Volunteer to do an after college litter pick
Gardening at home Create some art	Walk a dog Play an instrument for 30mins	Help with housework	Playing for a college sports team
Reading a book at home	Voluntarily attending Study Support	Gym session	Helping a neighbour

Many thanks for your ongoing support.

Your sincerely

Mr B Parker  
Assistant Principal – Behaviour and Inclusion

PRINCIPAL: Ms C Cabbage BSc (Hons), Dip Ed, MBA, CMgr FCMl

SENIOR LEADERSHIP: Mrs L Turvey LLB (Hons), MA, Mr T Mitchell BSc (Hons), MSc, Mr B Parker BA (Hons), Ms L Ferrier BA (Hons), Miss C Gudgeon BA (Hons) Mrs K Cook BA (Hons), ADSBM

## ASPIRE

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