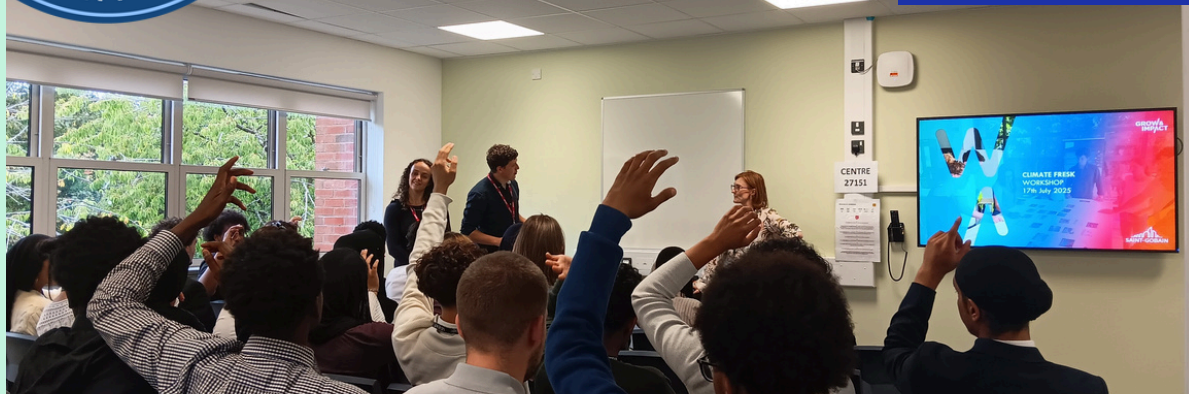




# NIA

# 6

NEWS



## **Climate Fresh Workshop**

This week our year 12 students took part in a powerful workshop focused on global climate change. This thought provoking session deepened their understanding of the causes and impacts of environmental issues across the world.

Through collaborative activities and meaningful discussion, students explored how local, actionable solutions can contribute to global efforts in combating climate change. A fantastic opportunity to connect learning with real world issues and inspire change!



## **Mental Health Matters @ NIA**

As we approach the summer break, we encourage all students to prioritise their mental wellbeing. Our Mental Health Summer Toolkit – prepared by Amanda Carroll, our Mental Health Lead, is full of tips, advice and resources to help you look after yourself over the holidays.

You can find the PowerPoint toolkit here:

[https://nia.emat.uk/assets/website/upload/Summer%20Tool%20Kit%20\(1\).pdf](https://nia.emat.uk/assets/website/upload/Summer%20Tool%20Kit%20(1).pdf)

Remember: You are not alone. Support and guidance are always available, and there are confidential helplines if you need to talk to someone about how you're feeling.

## **A Farewell to the Academic Year**

This year has been full of growth, resilience and proud moments, from academic achievements to personal milestones. Whether you're finishing your first year or joining us in September, we're so proud of all you've achieved.

A reminder that Tuesday 22nd July is our last day of term.

As summer begins, take time to rest, recharge and enjoy the break you've earned. Look after yourselves and each other, and remember you'll always be a valued part of the NIA6 community. Wishing you a safe, happy and well deserved summer holiday 🌞

**Find out more about NIA6 on our website**