

EUROPA SECONDARY NEWSLETTER

9th May 2025

Mental Health Awareness Week 12 - 18 May 2025

The theme for this year is: 'Community'

We know that being part of a community is vital for our mental health and wellbeing. We thrive when we have strong connections with others and supportive communities around us.

We also know that people who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected.

Communities can provide us with a sense of belonging, safety, support in hard times, and give us purpose.

A community should make you feel good about yourself, feel safe, and feel empathy towards others. A community is there to help you through the hard times such as illness, bereavement, or natural disasters.

Of course, not all communities are safe or healthy. If a community makes you think badly of yourself, encourages hateful or discriminatory actions towards others, or puts you in danger, it will be damaging to your mental health and wellbeing.

So, this Mental Health Awareness Week we want to celebrate the communities that support us to protect and nurture good mental health. Show your support and go GREEN for the day!

Diary

Mon 12th May IB & MYP Exams all week

ESAA Athletics S1-S4

S6 Geo Field Trip

Wed 14th May S6 Bio & ESS Field Trip

Mon 19th May IB DP Exams until 21st May

S6 Exams All week

Tues 20th May MYP Personal Projects Exhibition

Fri 23rd May DELE Exams

'Wear it Green' on Thursday 15 May 2025











Thursday 5th June PTA AGM - Médiathèque 7.30pm - 8.30pm

Friday 6th June - PTA Summer Coffee Morning (Chapel)

Calling All Class Reps

If you are a class rep, the PTA committee invites you to join the Europa PTA WhatsApp community group at

https://chat.whatsapp.com/L9BCQjYadUuESH7MllGPSw.

If you join, please introduce yourself and the class you represent. This channel will be used to communicate directly with you on PTA-related matters only, especially regarding the upcoming Summer fete and the organisation of hampers.

Thank you

PTA Committee





2nd May 2025



THURSDAY 22 MAY 8-9 AM THAME LANE ENTRANCE

Bag up your preloved, unwanted and outgrown clothes, paired shoes, and handbags and bring them to school.

Rags2Riches4Schools will collect them on the day and pay for them by weight.







PRELOVED CLOTHES and SHOES COLLECTION with Rags2Riches4Schools to raise funds for our school and recycle well.

Sort through your cupboards and wardrobes and fill a bag (or more!) with clean, reusable, unwanted or outgrown clothes and shoes.

YES: clean, good condition adult and children's clothes, paired shoes tied together, hats and scarves, handbags and belts, packed in bags. This will be taken by the weight for reuse and a donation paid to the PTA.

NO: uniforms, socks, dirty items, ripped or stained clothes.

Please refer to for full details of what is accepted.



Please note that there is a special FAMILY offer on Sunday 25th.

Standard tickets cost £30 each but we are offering certain schools a £40 family ticket for 4 (2 adults and 2 children aged 8-18; or 1 adult and 3 children aged 8-18). Families may bring a picnic and enjoy the stunning gardens there - open from 1pm. The concert will start at 3pm, in the church at Asthall, and last just over an hour.

More info