



4th February 2021

Dear Parents / carers,

Well-being Afternoon – Friday, 5th February

With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.

We have taken the decision to introduce a weekly 'Well-being Afternoon', to encourage time away from screens and support both staff and students. Our first one will be this Friday, coinciding with Children's Mental Health week. The theme of this year's Children's Mental Health Week is Express Yourself. Our second 'Well-being Afternoon' will be **Tuesday 9th February**.

Each week we will have one day where the school day finishes at 12:00 pm. There will be no live lessons, we will encourage students and staff to close down their computers and take part in a digital detox! We will provide a menu of creative and practical learning activities for students that don't involve being online. These activities will be available on ClassCharts and MS Teams to download in advance.

Expressing yourself creatively is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. It is so important in these challenging circumstances to give ourselves the opportunity to be creative, spend time with our loved ones and look after each other. We hope that by giving our students some dedicated time each week away from their screens, they can focus on their well-being and connect with the world around them.

We are working hard to deliver the curriculum remotely and want to thank staff and students for the impressive way in which they have adapted to this new way of teaching and learning. Well-being afternoons will give us the opportunity to provide students with the broader learning opportunities they would have had in school under normal circumstance. These will include creative, practical and physical activities, full details of what's on offer are on our website.

Vulnerable learners and the children of critical workers who are accessing the school will have no live lessons after 12.00 pm and will remain in school to access the same menu of activities.

We hope that we will be able to welcome all students back soon and thank you for your continued support in these difficult times.

Graeme Wrightson
Headteacher