



13 January 2021

Dear Parent/Carer

WELL-BEING MATTERS 2021

We are re-launching our weekly well-being challenge for our students over the current national lockdown. Each week students will find tasks to try, all intended to boost their general mental health and well-being.

We have also produced a log sheet that students might like to use to record the actions they take, as we would really like to hear about what they have been doing over the lockdown once we return. We would encourage all parents and students to have a go at the weekly challenges.

In response to previous feedback from parents, I have attached all the challenges and resources at the same time, rather than post week by week, so you can pick and choose or plan for challenges in future weeks. We will continue to update and remind you weekly.

We are very aware that the latest national lockdown may be really difficult for some of our students and their families, and we hope the attached resources will help support the safe return of our students in the near future.

Take care and stay safe

Mr D Vile

Assistant Headteacher