

8 February, 2021

Wellbeing Focus letter Wednesday 10 February

Dear parents,

As we approach the end of a very intense half term of online teaching and learning, we are all acutely aware how tiring and stressful working from home can be. We are very proud of the effort and determination your children (and yourselves) are demonstrating. That said, we are also aware of the amount of time we are spending sat at a desk, staring at a screen. As a school we feel it's extremely important to promote and offer opportunities to look after our physical and mental wellbeing.

In response to concerns raised by pupils, parents and colleagues we have organised a screen-free Wellbeing day on **Wednesday 10 February**. Normal online lessons will be suspended for the day and pupils are being provided with a list of screen-free challenges to get them out and about and away from their devices (see attached).

Students accessing school will also be offered a variety of wellbeing opportunities as well. Normal school attendance procedures will apply for those in school. The programme is listed below and it is advised that **all students attending school wear their PE kit on this day. Please see the programme on the next page.**

These challenges are only suggestions and your daughter or son may have some of their own ideas of activities they want to participate in. Provided they do not involve screens, this is very much encouraged.

Wellbeing Wednesday will not be checked or assessed but we hope your children will embrace the idea and be willing to share examples of how they have used it in tutor time. These challenges can be completed individually, but there is nothing to stop siblings collaborating or you joining in too, if you are able. All the current lockdown restrictions, however, should be observed.

We have been sharing advice on good mental health and the importance of adopting simple self-care strategies, especially since we entered this second lockdown. We believe, allocating a full day sends a strong statement that wellbeing is essential for students, staff and parents.

Links to useful websites with advice for young people and parents are included below.

Thank you in advance for supporting this initiative. Do let us know how your daughter or son spends their Wellbeing Wednesday and if you have suggestions for screen-free activities for any future events.



Yours sincerely
Mr Damien Whales
Vice Principal

Students learning inside KSCS

Wednesday Wellbeing Day

10 February 2021

Please come to school in your official PE kit for this day only
All activities will end at 3.15pm as normal

Group	Units 1 + 2	Units 3 + 4	Pastoral + Unit 5
7.1	Construction Creativity	Board Games Conundrums	Y7 Mini Olympics
7.2	Y7 Mini Olympics	Construction Creativity	Board Games Conundrums
7.3	Board Games Conundrums	Y7 Mini Olympics	Construction Creativity
8.1	Cooking Cook off	Get it out: Dramatics	Bikes / Walking
8.2	Bikes / Walking	Cooking Cook off	Get it out: Dramatics
9	PE games	Bikes / Walking	Wellbeing De-stress
10	Fitness in the gym	Music Challenge	PE games
11	Supervised Academic Study	Wellbeing De-stress	Cooking Cook off

Normal attendance checks will be applied



Wednesday Wellbeing Day

We need and deserve a break from starting at screens. Wednesday is being set aside for learning and experiencing in a different way. Leave your laptop closed all day and try not to use your phone or watch lots of TV.

Print this sheet (so you don't have to open your laptop) and record your achievements on Screen-Free Wednesday. Alternatively fill it in later in the week.

Name:		Tutor group:	
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These suggested activities can be completed in any order (apart from waking up/breakfast!)

	Activity	Record
	Wake up at a good time, ready for the day ahead. Have a healthy breakfast and be dressed and ready to start our day by 9am.	Time:
	Complete a 1 mile (or more) walk or run in your local area. Use the step counter on your phone or an app such as Strava to record how far you go. (1 hour)	Distance or number of steps:
	Cook a meal or bake something delicious. Take a picture of it! (1-2 hours)	I made:
	Spend some quality time reading a book of your choice. One with paper pages – no Kindles! Fiction or nonfiction, it doesn't matter. (1 hour)	Title: Author:
	Contact a friend or relative who you haven't seen for a while. Speak to them, don't text! (30 minutes)	Who?
	Do something creative : drawing, painting, gardening, Lego building, sing or play an instrument, etc. (1-2 hours)	Description:

Useful links to support you:

[NSPCC resources for parents and carers](#)

[Mind information for parents and carers](#)

[NSPCC resources for young people](#)

[Mind information for young people](#)