



To support Children's Mental Health Week and to recognise all the hard work being done by students, parents, carers and teachers, we have decided that on **Friday 5th February** and **Wednesday 10th February**, students are not to complete their normal lessons and are to focus on the national theme of 'Express Yourself'.

For this, we want students to complete activities that they enjoy and support their mental wellbeing. There may be activities that come to mind, e.g. physical activities such as trampolining, walking, running or cycling. Alternatively students may choose to focus on drawing, being creative or completing a hobby that is personal to them.

We would also like students to pick an activity from two of the sections on the link below. Within this link, information and activities are provided for the following: Mental and Emotional Wellbeing, Physical Wellbeing, Social Wellbeing and Healthy/Diet Minds. They may choose to do more, but only if they find this to be supportive and positive.

[Health and Wellbeing Resources - Secondary \(eis.org.uk\)](https://www.eis.org.uk/Health-and-Wellbeing-Resources-Secondary)

<https://www.eis.org.uk/Lockdown-Learning-Activities/HWBResources>

On this occasion, students and parents are not required to submit evidence for this as we would like the focus to be on enjoying the activities, without the pressure of meeting deadlines.

We know how hard this term has been and we want to support all of our students in having a positive end to the half term.

Please do encourage your son/daughter to be creative, continue a hobby or try something new! Whatever they decide to do, the focus is to enjoy the day.

With kind regards,

Mr S Chadwick
Assistant Headteacher - Quality of Education (Teaching & Learning)