



JPO/SF

5 February 2021

Dear Parent/Carer

Tuesday 9 February is our second Personal Development Day of the academic year and despite this very unusual way of working we will still participate in 'Safer Internet Day' and then offer most of the day over to the wellbeing of our students.

I aim to vastly reduce the 'screen-time' for students, and hope you will support me by encouraging your child to take part in the menu of activities which I have attached to this message.

Your Child will need to make sure they have joined their 'Form Group' Google Classroom which should have been created by their form tutor.

Period 1 - 9.05 am all students will have a Google Meet with their form tutor where they will look at strategies to support their mental and physical wellbeing during this extended absence from the school building. As well as looking at the importance of sleep.

From 10.05 am and for the rest of the school day, I would encourage students (and parents) to participate in the menu of practical activities which staff have prepared. There are a wide variety of activities from taking a walk, kitchen science experiments, cooking, construction and all-out fitness.

If you could please support my effort to reduce screen time by making sure your child does not gravitate towards a game system, or television screen.

At the end of the day, I would love to see what your child has produced or taken part in during the day and would like them to send in photographs of their work to the PD Day Google Classroom, which they can join using this code: [7e7lve6](#)

Finally, I would like to thank you and your child for working so hard during this extended absence from school and wish you a very relaxing half term when it arrives.

As always if there is anything I can do to support you or your child during the period of remote learning, please do not hesitate to contact me.

Yours faithfully

Mr J.S. Poulston
Assistant Headteacher
Remote Learning Lead

Respect | Honesty | Compassion | Resilience | Industry | Courage

