

Dear parents and carers,

On Friday 12th February we will be holding a wellbeing day for our school community. We will start the day with a PSHE lesson focused on strategies to maintain good mental health and wellbeing. We will then be encouraging students to get away from their screens as much as possible and engage in some creative and active learning. Their class teachers will not be setting work on this day, but students will be encouraged to think outside the box and take part in their own mini projects or activities.

The theme for the day is to 'Get Creative' in support of promoting positive mental health and wellbeing. At the beginning of the week, students will be given suggestions on how they can 'get creative' and asked to think about this in advance. Students can tailor this to their own interests.

We would then like students to take part in their creative projects and email photos of themselves taking part in this to wellbeing@charteracademy.org.uk or upload their photos to Satchel One. Charter points will be issued for their engagement.

Timetable for Y7-Y9 for students learning remotely

Lesson 1 08:45-09:35	Online PSHE lesson. Students will receive an invite from their tutor. Please ensure that they add this to their calendar.
Lesson 2-lesson 4	Students should complete activities based on our 'get creative' theme. Students can choose to complete one of the suggested activities or can choose to create their own.
Tutor time 12:20-12:55	Students should attend tutor time as normal. This is an opportunity for them to share their creative projects.
Lesson 5-lesson 6	Students should complete activities based on our 'get creative' theme. Students can choose to complete one of the suggested activities or can choose to create their own.

Timetable for Y10-Y11 for students learning remotely

Lesson 2 09:35-10:25	Online PSHE lesson. Students will receive an invite from their tutor. Please ensure that they add this to their calendar.
Lesson 3-lesson 4	Students should complete activities based on our 'get creative' theme. Students can choose to complete one of the suggested activities or can choose to create their own.
Tutor time 12:55-13:30	Students should attend tutor time as normal. This is an opportunity for them to share their creative projects.
Lesson 5-lesson 6	Students should complete activities based on our 'get creative' theme. Students can choose to complete one of the suggested activities or can choose to create their own.

Community Classroom

Community Classroom will be open as normal but will close to all students at 3.10pm. Students will participate in the online PSHE lesson with their tutor group and then will complete a variety of creative projects across the day.

If you have questions regarding the wellbeing day, please contact me via email
e.morey@charteracademy.org.uk

Warm regards,



Emily Morey
Vice Principal