

1 February 2021

Dear parent/carer,

With the recent government announcement that schools will be returning on March 8 at the earliest, I wanted to write to you with a focus on wellbeing.

We all know how important it is for our mental health to stay active, now more so than ever. In recognition of this, the PE department will be running a Virtual Sports Month throughout the month of February. This will be a competition between form groups to see who can be most active throughout the month. There will be eight different challenges to complete, each of which will be set on Show My Homework on a Monday. Challenges will be both fitness and skills based, so there is something for everyone! Results will need to be submitted on a Friday and the competition will remain within year groups. Students are being made aware of the competition in their assemblies this week.

On the subject of wellbeing, teachers are encouraged to use a range of teaching methods that take children away from their screens, however it is inevitable that a lot of time is being spent online. To stay healthy, we would recommend pupils use the time in-between lessons to:

- **Get up and move.** Every so often, it's good to get up and stretch between periods of sitting. Please encourage your child to stroll around the house and do a few stretches.
- **Stock up on healthy snacks and drinks.** Ideally, pupils should have a bag full of healthy snacks and keep a water bottle handy to sip throughout the day.
- **Give their eyes a rest.** It's not healthy for our eyes to be glued to a computer screen all day. Pupils should make time during every hour spent on a computer to close their eyes for a few minutes or look at something else to make sure they're not being strained.

Teaching remotely has been stimulating and challenging for teachers, as we have had to make significant adaptations to our existing plans in order to effectively deliver the lessons remotely. To support the planning for after half term, there will be **no live lessons on Wednesday 10 February**. Instead, work will be set on Show My Homework to be completed during that day.

Please also be aware that, as part of National Apprenticeship week, all children will be invited to join The Big Assembly on Tuesday 9 February. This will result in a slight amendment to lesson times that day:

Period 2: 10.10 am – 10.55 am

Period 3: 11.40 am – 12.25 pm

In the meantime, please continue to send in your feedback directly to Mrs Ross or myself. Your input really does help us to refine and improve our practice during this period of remote learning. (galbraithf@goldington.beds.sch.uk, rossj@goldington.beds.sch.uk).

Yours faithfully

A handwritten signature in blue ink that reads "F. Galbraith".

Francis Galbraith
Principal