

# Brownedge St Mary's Catholic High School

Headteacher: Mrs N Oddie BA(Hons) NPQH



*Let your  
light shine*

10 February 2021

Dear Parent/Carer

As we draw to the end of a very busy yet productive half term, we have decided to hold a Mental Health and Wellbeing Day for our students and staff on Friday 12<sup>th</sup> February. It has been a challenging time this lockdown period, possibly more so than the previous two! We are very aware of just how difficult it has been for our students, staff and parents who have been phenomenal at juggling working at home whilst still continuing with all the responsibilities and stresses that daily life brings. We have missed the simple things in life we might have normally taken for granted such as sporting activities, catching up with family and friends, eating or drinking out or simply browsing or window shopping. We should not underestimate the strain it may have had on our health and wellbeing.

To support us all then, our Mental Health and Wellbeing Day will begin at 9.00am with students virtually meeting together in their forms to socialise and catchup with their friends. This will be followed by an assembly by Mrs Oddie, with fun and laughter from staff members to put a smile on all our faces. For the rest of the day pupils can then access sessions based on strands supported and promoted by Mind and the NHS. These sessions will be under the titles:

- Get active!
- Get closer to God!
- Get creative!
- Get confident!
- Get safe!
- Get helpful!

Students will be asked to complete a task from at least 3 of the sessions over the course of the day and even during the half term holiday if they would like. Students can access the activities from the **All School Team** and upload their efforts to assignments for any of the sessions they choose to engage in. These could be photos, videos etc. Students will be rewarded for their participation. We would love all the family to get involved and indeed this is part of the wellbeing idea. No other curriculum learning will be set on Friday 12th February.

We hope you will support the day. If you would like any additional resources to support your child's wellbeing, our school website is packed full of guidance and links to information and agencies that can assist you. There is also a wonderful blog by Mrs Watson, our fabulous Intervention Manager – Watson's Weekly Wellbeing to have a look at. It is very amusing!

We look forward to seeing and hearing about the many different activities that our students, our staff and families have taken part in and will hopefully share some with you in the very near future.

Wishing you a happy and restful half term

Mrs Dudaniec  
Assistant Headteacher

Station Road, Bamber Bridge, Preston PR5 6PB  
[info@st-maryshigh.lancs.sch.uk](mailto:info@st-maryshigh.lancs.sch.uk)

Tel: 01772 339813 Fax: 01772629236  
[www.st-maryshigh.lancs.sch.uk](http://www.st-maryshigh.lancs.sch.uk)