



Executive Headteacher: Mrs L. A. Gwinnett

Ref: 3094 LMA

9th February 2020

Dear Parent,

PSHCE Day – Wellbeing & Mental Health

On Friday 12th February, as we end the first half term of this third National Lockdown, we are holding a PSHCE Day with a focus on Wellbeing and Mental Health for our students, staff and parents.

We understand how difficult this lockdown has been, especially because working remotely is not easy for anyone, be that as a student, a member of our staff or as a parent. We know that many parents are juggling their own work responsibilities, managing their children's remote learning all whilst running a family home. Without the simple things we often take for granted, leaving home as and when we want to, contact with wider family and friends and leisure and sports activities, wellbeing has been affected and for some, their mental health.

On Friday, we will start our day with an assembly by the Head of School at 9.00am and this will be followed with a live tutor session for all groups. Students will then need to access a number of planned sessions based on the directed strands from the NHS and Mind. These sessions will be under the headings:

- Be Relaxed
- Be Social
- Be Creative
- Be Active

Staff from across the Trust have collaborated on the design of the activities within the sessions. Students will be asked to complete activities across the four sections over the course of the day and into half-term and wherever possible, we encourage parents and others in the family home to get involved.

Students can upload their involvement via photo, journal, blog, video or by another means to a 'Passport' in their Google Classroom as directed by ClassCharts. In the first week back after half term, their tutors and/or mentors will discuss the variety of activities they have completed with them and the impact that this had upon them. Students will also receive a certificate of participation and that chance to share their efforts with the rest of the school.

No other subject curriculum learning will be set on Friday. Planned Personal Mentor meetings and seminar sessions for Year 10 and 11 will carry on if scheduled.

We have also updated our websites to signpost you to essential services and advice that is available and it can be found at <https://www.burscoughprioryacademy.org/our-school/latest-updates/emotional-health-and-wellbeing-services-during-the-covid-19-outbreak>





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We look forward to seeing and hearing about the many different activities that our students, staff and all of their families take part in to relax, promote their wellbeing and look after their mental health.

Yours faithfully,

L MacLaren

Mrs MacLaren
Head of School



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