



# Montgomery Academy

An Academy within the Fylde Coast Academy Trust

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Inspiring Excellence Together

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Dear Parent/Carer,

I am writing to introduce you to the new remote provision that is going to be available to students from today. We have launched our Montgomery health and wellbeing google classroom. The purpose of the classroom is to ensure that students still have access to the pastoral support they would have on a daily basis in school and to signpost additional support that is available to them, whilst incorporating an element of fun and social interaction.

The classroom will develop over time, with resources for various positivity challenges, encouraging students to complete activities that make them feel good. This could be baking, yoga, walking or trying out a short exercise video which is included on the page. In addition to this there is a vast wealth of information about mental health, nutrition, physical health, stress management, how to set SMART goals and how to plan a routine in lockdown.

Students would usually have 30 minutes a day of tutor time activities, which incorporates 15 minutes a day of reading. Please encourage your child to spend at least 15 minutes a day working on a positive mindset, daily exercise and time to talk with family and friends (remotely). Progress teams will soon be setting up weekly gmeet opportunities for students to come online for a catch up, but they are always available via email if you need their support for whatever reason.

Moving forward, I would very much welcome any feedback or ideas and as the classroom grows it is my wish that it becomes a valuable resource for our Montgomery family.

Google classroom code KS3 (year 7, 8 & 9 students): **wrleozx**

Google classroom code KS4 (year 10 & 11 students): **zfpa4rc**

Kind regards,

Mrs E Cumming  
Assistant Headteacher