



Tel: 01254 231553



2nd February 2021

Dear Parent/Carer,

Wellness Day – Friday 5th February

In order to try and support our students' wellbeing, we have decided to dedicate Friday 5th February 2021 to this very aspect of school life and as such there will be no formal lessons taking place on this day but instead the opportunity to follow a variety of activities from the attached 'Wellness' activity timetable. On this day your child should try to complete one activity from each row as shown in the attached document.

In addition, there will be an assembly available to all which features children and well-known faces discussing the theme of Children's Mental Health Week. Please find the link below:

<https://www.childrensmentalhealthweek.org.uk/news/children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

Once again, please can we take this opportunity to thank you for your patience, understanding and continued support.

Kind regards

Miss L Amin

(Lead for PSHCE)



The Oswaldtwistle School Wellness Day



Children's Mental Health Week is taking place on 1st-7th February 2021. This year's theme is to express yourself and we would like you to take part in a wellness day. You will not be required to attend your online lessons today, with the exception of **logging in at 9am and 12.50pm** to get your attendance mark and checking in with your teacher.

Please choose **five** (at least one activity from each row) from the wellness grid. You will be required to submit pictures of anything you have created and enjoyed throughout the day. Your teacher will be available on Teams if you need to talk to anyone. Stay safe and have a truly nourishing day!

Physical



Creative



Challenge



Reflection



Mindfulness



1. Go for a 50 minute run/jog/walk. (Make sure you tell your parents/carers)	2. Make up a fitness routine – Joe Wicks style. Challenge your family to complete it.	3. Plan your own breakfast and lunch using the food items you have at home. Prepare this for yourself and family. (Get permission first)	4. Touch every wall in your house and time how long it takes. Try to improve your score three times.
5. Draw and colour your ideal superhero. Label what super powers they would have.	6. Create a sculpture of your identity by using household recyclable objects.	7. Make a tall tower using objects in your house.	8. Design an outfit using household materials. E.g. bin bags, old magazines, toilet paper rolls, etc.
9. Learn how to spell your name using British sign language.	10. Draw a picture on the back of a cereal box and cut it out to make a jigsaw puzzle. Get others to complete it.	11. Write a poem that rhymes about what you want to be in the future.	12. Think of an issue you care about within your local community. Plan and write a letter to your local MP to persuade them to resolve it.
13. Write a letter to your past or future self.	14. Create a short story using the following title, 'My favourite day of 2020 was...'	15. Create a poem/spoken word using the title 'I am proud of myself for...'	16. What are your future aspirations? Create a 5 year, 10 year and 20 year plan. What do you want to achieve within these timescales?
17. Listen to your favourite music artist.	18. Play a board game or complete a jigsaw.	19. Have a joke competition. Try to make someone laugh.	20. Complete 20 minutes of yoga. You can find yoga videos for beginners on YouTube for help.