



Tuesday 9th February 2021

Dear Students and Parents,

Endeavour Learning Trust – Mental Health and Wellbeing Day

On Friday 12th February, as we end the first half term of this 3rd National Lockdown, we are holding a Mental Health and Wellbeing Day for our students, staff and parents.

We understand how difficult this lockdown has been for all our students, our staff and our parents who have been juggling their own working responsibilities alongside their children's remote learning with the stresses and strains that this entails. Without the simple release of the things we used to take for granted, such as contact with wider family and friends, trips out, leisure and sporting activities and even appointments at the hairdressers, this period has undoubtedly taken a toll on all our mental health and wellbeing.

We will start our day with a live tutor session for all tutor groups at 8.45am, followed by a live assembly delivered by Mr Cunniffe. Students will then be able to access a number of different sessions based upon strands promoted by 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 structure of and activities within each of the sessions. Students will be asked to complete a task from each of the 4 sections over the course of the day and extending into the half-term break. We encourage parents and siblings to get involved. Students can upload their efforts to their tutor group Google Classroom Assignment page whether via photos, journals, blogs, videos or other means and tutors will discuss the variety of activities in the first week back after half term. Students will also receive a certificate of participation and a chance to share their efforts with the rest of the school.

No other curriculum learning will be set on Friday 12th February, however Personal Mentor sessions will continue to take place at the agreed times.

We have also updated our websites to signpost you to essential services and advice that is available during this period. This can be found by clicking here <https://www.tarletonacademy.org/our-academy/latest-updates/emotional-health-and-wellbeing-services-during-the-covid-19-outbreak>

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

Yours sincerely,

Mrs K L Berry

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Assistant Headteacher – Progress & Intervention

Sustaining education at the heart of the community

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Endeavour Learning Trust

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