



9 February 2021

Dear Parent

Endeavour Learning Trust – 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 alongside managing their children's remote learning 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 a whole school assembly at 9am, followed by live tutor session for all groups at 9.15am. Students will be awarded for attending the assembly and live tutor sessions, as well as for good home learning throughout the day. Students will then need to access a number of planned sessions based on the strands advocated 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 design of the activities within the sessions. Students will be asked to complete a task from each of 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 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 12th February. Planned Personal Mentor meetings and subject drop in sessions will carry on if scheduled.

We have also updated our websites to signpost you to essential services and advice that is available during this period and it can be found here [Emotional Health and Wellbeing Services During the COVID-19 Outbreak | Wellfield High School \(whs.lancs.sch.uk\)](#)

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,
J Lewis
Head of School

