

Feel Good Friday – 5 February 2021

Dear Parent/Carer



On Friday 5 February we are holding our first 'Feel Good Friday' event; a day with a dedicated focus on mental health and wellbeing. This day is part of [Place2Be's Children's Mental Health Week 2021](#). The theme of the week is 'Express Yourself', and our 'Feel Good Friday' has been designed to allow pupils a day with less screen time and opportunities for mindfulness. A message from the Duchess of Cambridge, Patron of Place2Be can be viewed [here](#) which introduces the week and theme.

The timetable for 'Feel Good Friday' is as follows:

8.50 – 10am	Form Time & Social Session Your child should join their usual form time Google Meet
10 – 2pm	Wellbeing Activities Your child will have the opportunity to work independently through a series of activities
10 – 11.30am	Tutor-Parent Check-ins An opportunity to meet with your child's form tutor and discuss their wellbeing
2 – 3pm	Form Time Reflection Session Your child should join their usual form time Google Meet

Please find attached a **Pupil Wellbeing Passport** which your child can complete throughout the course of the day, documenting the activities that they choose to participate in.

We have aimed to provide a range of activities for pupils covering all interests. We don't want pupils to complete all of the suggested activities; instead, they should choose 4 – 6 to complete throughout the day. Pupils should aim to complete activities from a few different areas, but this day is about free choice and independence, so they can make their own plan for their day.

If you require support with gathering materials or with printing of any resources, please let us know in advance and we can help.

We hope that this day will be an opportunity for pupils (and parents!) to move away from the conventional online learning programme and explore their more creative sides. It is so important that we continue to look after our mental health and wellbeing during this lockdown period. I very much look forward to seeing the different activities enjoyed by pupils and hope that you will find it a positive experience too.

Yours faithfully

Mrs Curry

Useful resources for the day

The following materials are not essential but may be helpful for your child to have on Friday:

- Paper
- Pens
- Coloured pencils
- Glue
- Scissors
- Glitter
- Craft materials
- Football
- Skipping Rope
- Magazines
- Newspapers
- Baking materials: flour, sugar, butter, eggs, golden syrup, cornflakes