



Date 22nd January 2021

Dear Parent/Carer

Off Screen Wellbeing Day - Monday 1st February 2021

As we all know, screen-time is draining. So, to give pupils and staff a well-deserved break from the screen, we are holding a Wellbeing Day on Monday 1st February.

This day also marks the start of Children's Mental Health Awareness week in the UK. On Monday 1st February there will be no lessons, assessments, or online learning; there will just be one on-screen session, 9am - 10am with your child's Head of Year. During this session, Heads of Year will raise awareness around the theme for Children's Mental Health Week - Express Yourself. They will then launch a variety of wellbeing challenges for the students to complete throughout the off-screen day.

During a two-hour window in the morning, staff will be using this time to touch base with families and teachers of Year 11 will be available online for any parents who were unable to make an appointment during parents evening. Information will be sent separately next week regarding this.

School will be open as normal for our vulnerable and children of critical key workers. Mr Singleton will be in touch with parents of pupils accessing this supervision shortly, to confirm whether they wish to attend on this day, so we can plan accordingly. All students who do attend, will take part in the same challenges as those that are working at home.

Throughout the week we will also be offering other virtual events for students to attend, such as Time to Talk Day, Well-being online drop-in sessions and Mindfulness sessions. We all appreciate the importance of Mental Health and Wellbeing, especially during this current time.

Students have had an assembly today around self-help and mindfulness and we hope that the messages that are conveyed are helping to support our students.

Can I take this opportunity to also thank 'you', as parents and carers, for all your support during this national lockdown. We have been overwhelmed by the engagement from our students and how resilient they have been to the changes to learning they have faced. I think it is important to say, that you as parents, must not put too much pressure on yourselves regarding the online/remote learning. There will be days when it feels difficult, if not impossible, to motivate your child. You may feel as if you are the only ones in that situation but, believe me, you are not! All we can do is continue to provide gentle encouragement in keeping them going. It is tempting to forget that it is not easy for the students to maintain 100% concentration all day long. Now we have settled into the routine of remote teaching, staff are now recording engagement to the live lessons. Once we are confident that we have an accurate system for recording engagement, we will ensure this is communicated to you via the SIMS Parent App, so you can celebrate your child engagement to the lessons.

As we face these challenging times together, Moorside High School continues to have one core purpose, and that is to ensure that every student leaves us ready for their next steps; and although the students are not in front of us in person, this core purpose stays at the heart of everything we do. As Team Moorside, our aim is to continue to enrich lives and inspire ambition, whilst showing that we care. We hope that the Wellbeing day will allow us all to reflect and support our students' and staff mental health and wellbeing.

Thank you for your continued support

Yours faithfully

Deputy Headteacher - Behaviour & Attitudes