

February 2021

Dear parent / carer

I hope that you and your family are safe and well during this challenging period of time. Thank you to everyone for your continued support during these very challenging times, it is greatly appreciated.

We as a school are very aware of the impact this pandemic is having on the Mental Health of all people, not just our students and their families but also our staff.

With this in mind, we are introducing a series of well-being days which will give the young people an opportunity to reflect and enjoy activities that sit outside their normal lessons. Of course, students can continue to access additional work through SMHW on those days if you require but we are keen to support their mental well-being as well as their academic progress.

Our first session will be Friday 5th February 2021 with the theme of 'express yourself'. There will be a number of activities /challenges on offer that day via SMHW. Students will need to choose 3 to participate in. Prizes will be awarded to our students. Students will need to take a photograph of them completing the challenges and email the evidence to Louise.Townsend@E-ACT.org.uk.

Further details will be given to all of our students via an announcement on the notice board section of SMHK in preparation for this exciting event.

I am sure you will agree this will event will help our students to relieve some stress and anxiety about the current situation and at the same time have some fun.

Don't forget there are some live PE fitness sessions which students can access and complete at home.

Please remember that our students can access a member of our safeguarding team through our website on the 'Report a concern' button.

Please stay safe at this time.

Thank you once again for your support.

Yours sincerely

Simon Line
Assistant Head Teacher