

Dear Parents and Carers,



In response to feedback and to promote good mental health for all during this lock down period, we are running a Screen **Free Friday afternoon**, to start this **Friday 26.02.21**

- On Friday all students will follow their usual daily timetable however, the six lessons will be shortened to 40-minute lessons. All lessons will finish at 1pm. (See model below). Students should check their Google classroom tiles carefully for all lesson information.
- During the Friday afternoon session, students can take this opportunity to read, draw, get outside and enjoy some fresh air, complete a hit work out/ competition, complete a jigsaw, listen to relaxing music, spend time with family etc.
- Again, for students learning remotely at home – Teachers will provide weekly ideas for screen free activities initially on Google classrooms, with a view to students completing a variety of activities away from their screens. I have attached printable colouring sheets, recipes, a list of ideas and suggestions in this e-mail, to start everybody off.
- Students who attend school please come to school in your PE kit and bring a reading book of your choice.
- Paper copies of the attached resources will be available for collection from school reception from Tuesday 23.02.21. Please contact the school office to arrange collection of colouring, ideas and recipe sheets.

Model 1 : 40 minute lessons	8:30 - 8:45 am	Registration
	8:45 - 9:25 am	Period 1
	9:25 - 10:05 am	Period 2
	10:05 - 10:15 am	Break 1
	10:15 - 10:55 am	Period 3
	10:55 - 11:35 am	Period 4
	11:35 - 11:45 am	Break 2
	11:45 - 12:25 pm	Period 5
	12:25 - 1:05 pm	Period 6

Best wishes

Sarah Kurth
Assistant Principal

