



ABBEY PARK SCHOOL

28th January 2021

Dear Parents/Carers,

Wednesday 3rd February – Wellbeing Day

Firstly, I would like to say a big thank you and well done to you all for your hard work and support of your children during this very difficult time. As a mother trying to juggle home-schooling, my children and work, I know how hard it is, so be proud of what you are doing.

Due to the lockdown times are tough at the moment and we know that mental health can be affected. The dark, cold and wet weather hasn't helped either. So, it is even more important that we work together and support each other.

As pupils are having to work remotely we are very conscious of the amount of time they are spending on line. Live lessons are a good way to teach our pupils in the current situation, but we also recognise the impact of being on a screen all day. With this in mind we have made the decision to hold a **Wellbeing Day** on **Wednesday 3rd February**. Pupils will not be expected to attend any of their timetabled lessons for the day. Instead they will have a one to one appointment with their tutor via TEAMS, for a general catch up about how they are coping and if they have any concerns they want to discuss. Tutors will send out the pupil appointment times next week.

We will set wellbeing tasks for the day for those pupils who need some structure or guidance. These will be set on SHMW. We really want pupils to have a day off their screens, do something a bit different and focus on looking after their mental health. I have attached an activities sheet that will be one of the tasks set for you to look at with your child.

We request that pupils attend their TEAMS appointment with their cameras on, if they feel comfortable to, as we acknowledge that pupils and staff have not seen each other 'face to face' for a few weeks. It is very important that pupils attend their tutor session – any that do not attend will receive a non-engagement log and parents will be informed.

Engagement and Behaviour Expectations

Our expectations around behaviour during this tutor session remain the same.

In order to engage within this remote learning environment, we would ask all pupils to:



Principal: Mr J Young
Vice Principal: Mrs L Hunter

The Learning Campus, Redhouse Way, Swindon, Wiltshire SN25 2ND
Tel: 01793 705400 Fax: 01793 707596
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- Answer the TEAMS call from your Tutor, your Tutor will send you your appointment time before next Wednesday so you know when it is.
- Have your mic and camera on. If pupils do not feel comfortable having the camera on that is fine.
- Ensure you use appropriate language in any discussion.
- Wear appropriate clothing for your tutor session.
- Be in an appropriate setting, somewhere you can talk without distractions but also appropriate, sitting on your bed is not an appropriate area to have your tutor session.
- Be respectful of the environment and at all times demonstrate the characteristics of Abbey Park Proud.

Please Note: Any breaches of these expectations will be treated as disruptive behaviour and result in a sanction. In order to respect the learning environment pupils, need to adhere to these guidelines or consequences, including exclusion, may be considered.

Due to this PSHCE that was due to take place during lesson 5 on Wednesday 3rd February will now take place during lesson 5 on Wednesday 10th February.

If you have any questions please do not hesitate to contact me on my work mobile 07341865851 or on my e-mail stevensk@abbeyparkschool.org.uk

Kind regards

Mrs K Stevens
Assistant Principal
Head of Pastoral and DSL



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Vice Principal: Mrs L Hunter

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