



Dear Parents/Carers,

We hope you are all well and coping in these challenging times. We would like to thank you for all your hard work in making sure your children are engaging with learning at home. We are delighted to see, through the work on Seesaw, that so many children are continuing to learn and make progress with the work they do each day.

We are aware that supporting your child/children with home learning can be challenging and we are also aware that many of our children, due to the requirements set out by the DfE, are spending a lot of their day in front of a screen. Therefore, this week, we would like you to come away from those screens and participate in 'Wellbeing Wednesday'.



On Wednesday, our 'Wellbeing Wednesday' challenges will be posted onto Seesaw. On the sheet you will see five sections with a range of activities in each for the children to choose from.

We have split these into five separate hours to help organize the day. We have planned some suggested activities under the following headings: Maker Hour, Genius Hour, Reading Hour, Fitness Hour and Service Hour. Your child/children will pick one activity from each section and complete that activity independently or with an adult. There are some fantastic activities on there the whole family will enjoy doing together but also activities that the children can do on their own or with their siblings. They then need to mark off what they have done at the end of the day and post it back to their teacher. It would be lovely to see some videos and photos of the activities you have enjoyed doing so please upload these too!

In completing 'Wellbeing Wednesday' we hope to take the pressure off you as a family so that you can all enjoy some fun activities and a screen free day.

*Kind regards*

Andrew Midgley