

Parentmail re: Year 10 Personal Development Day, June 2020

Dear Parent / Carer

**Year 10 Personal Development Day – Health and Well-being**

I hope you and your family are well. I am writing with reference to the above activity, planned for Monday, 15<sup>th</sup> June.

Your child will be sent details of an electronic survey to complete, as well as various health and well-being activities via ClassCharts. It is important that your child completes the survey and activities sent to them on Monday, June 15<sup>th</sup>. I have asked teachers not to set any work on this day for your child to complete so that they can fully focus on this important activity.

The aim of the Personal Development Day is to look at various areas of mental health and how they might influence well-being and student progress. Health and well-being activities will cover topics including mindfulness, relaxation, reframing, time-management, procrastination, goal-setting and creativity.

Before completing the activities, please ask your child to complete the brief survey <https://www.surveymonkey.co.uk/r/8HPV88T> to establish any areas of support they might need. For those requesting support, a further session will take place before the end of term.

From Tuesday, June 16<sup>th</sup> members of the pastoral team will contact your child to arrange a virtual meeting online to reflect on your child's responses to the different activities and discuss support available to them.

House	Tutor group and Pastoral Lead		
Blundell	10EL (Surnames I-Y) Mr Rudd	10CTE (Surnames A-P) Mrs Ashworth	10 EL (Surnames C-H) & 10CTE (Surnames Q-W) Mr Hughes
Derby	10AG (Surnames A-K) Mr Cropper	10EF (Surnames I-W) Mrs Dillon	10AG (Surnames L-W) & 10EF (Surnames B-H) Miss Seagraves
Sefton	10TM (Surnames M-W) Mr Jump	10JT (Surnames C-P) Mrs Gaskell	10TM (Surnames A-K )& 10JT (Surnames S-W) Miss Singleton
Weld	10AK (Surnames I-W) Mrs McGuire	10RP (Surnames B-H) Mrs Lawrence	10AK (Surnames A-K) & 10RP (Surnames I-W) Mr Cregeen

I hope that the activities and the online meeting prove to be very useful for your child and assist their possible return to school planned for week beginning June 22<sup>nd</sup>. However, a final decision on pupils returning to school will depend on advice from the Local Authority.

Best wishes,

**Mr Cregeen**

**Associate Leader Personal Development**