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Dear Parents and Guardians

Thank you for your support in ensuring the weekly registration activities are completed. In today's registration activity we are checking in with students to find out how they are coping. The activity can be found in today's To Do list on Show My Home Work. We will be in touch with you if your child has indicated that they are worried about anything.

Today's PD lesson is looking at how we can develop positive mental wellbeing and is based around the NHS 5 Steps to Positive Wellbeing. Students can complete the activity on their own but some of the suggestions can be completed as a family as well.

I also want to take this opportunity to draw your attention to the NHS Every Mind Matters website <https://www.nhs.uk/oneyou/every-mind-matters/>

The website contains some really good information and guidance including:

- 10 tips to help if you're worried about coronavirus
- Looking after children and young people
- 7 simple ideas to tackle working from home
- Mental wellbeing while staying at home

Please do get in touch with us if you would like any further support

Yours sincerely

Nicola Morland
Vice Principal