



Tuesday 2<sup>nd</sup> February 2021

Dear Parents and Carers,

**An afternoon offline, off screen and supporting mental health**

After lunch on Thursday, 4<sup>th</sup> February we will be **pressing pause** on online lessons. In other words, there will be no online lessons on Thursday afternoon.

I want all students to take a break from their screen to get creative, get outside and get moving.

We want all students to engage in an activity which is creative. I know that many of our students will be feeling the toll of another period of prolonged absence from physical school. Getting creative and getting outside are both known to be super boosters for our mental health. We want to get students working on activities that will actively support their mental health. To that end, I have attached a menu of 10 'Press Pause Activities' for students choose from.

Please encourage them to switch off their screen, pick an activity and give it their all on Thursday afternoon. On Friday morning, your child will receive a link on Teams so that they can upload one or two photographs of their chosen activity.

This week is Children's Mental Health Week and I don't think there has ever been a time when it has been so vital. So many of our children are struggling with all that the last eleven months have thrown at them. I want to remind you that there are many helpful resources on our website. [Pastoral Support: Mental Health & Wellbeing – Christ's College](#). You can also follow us on Twitter (@ChristSR4) where you will find lots of health and wellbeing tips coming out this week.

I look forward to seeing lots of fantastic photos coming in on Friday morning.

Yours sincerely,

Ms N White  
Principal