



Dear Parents & Carers

10th March 2023

Collapsed Timetable Day 2

We are delighted to let you know about our upcoming Collapsed Timetable Day on Friday the 17th March, our second this year. You may remember, teaming up with the Mental Health Support Team, we held a full day on 25th of November based on positive mental health, which was very well received. The theme for the upcoming day is Wellbeing, looked at in an holistic way. For your information, there is a third day planned for June, based on the topic of Careers.

For our Wellbeing Day we are providing different year groups with opportunities to experience a range of activities to help them understand the importance of Wellbeing awareness. The plan is for this to be an annual event, so as your child moves through the school, they will have a chance to experience all the activities. Please see below an overview of the events for each year group.

Year 7

A fun and interactive, bespoke package delivered by our very own **Physical Education department**, blending practical and theoretical elements of how and why regular exercise and a healthy diet impact on a person's overall Wellbeing. Students will be in school following the normal break and lunch routines of the day.

Year 8

Expert trainers from **Talk The Talk** will be coming into school to develop students' oracy and communication skills. The workshop is an exciting and engaging master class developing speaking and listening skills within a creative environment. Through sharing their thoughts and presenting their ideas on topics for which they have a genuine passion, their confidence and communication skills grow, both of which are key to having positive Wellbeing. Students will be in school following the normal break and lunch routines of the day.

Year 9

Working in partnership with **Millfield School**, students will visit the school for the day and experience Yoga and Well being; Food and Nutrition; Body Mapping and Team building activities. All students will take part in each of the four activities on a rotating basis.

Students will need to be in school at 8.35am. Transport and lunch will be provided and students will return to school by the end of the school day.

Year 10

Students will walk the newly improved **Glastonbury Way**. The walk comprises all the notable parts of the local countryside as well as key parts of the town centre. Students will enjoy being outside with time for a lunch stop, and all will complete a questionnaire about the walk in groups. Connecting with nature around their hometown will support good mental health, enrich knowledge and understanding of the local area as well as building student resilience.

Year 11

Students are continuing with their GCSE exam preparations, and will learn additional techniques with regards to coping with exam stress, vital for Wellbeing at this crucial time in their education. We also have some surprise treats in store to reward the Year 11s for all their hard work so far! Students will be in school following the normal break and lunch routines of the day.





Frequently Asked Questions

Does my child need to get to school or come home at a different time?

All activities will start at the normal school time, with the exception of Year 9 on the Millfield trip. Year 9's should arrive at school no later than 8:35am.

All activities will finish by the end of the school day.

Does my child need to wear school uniform?

All students in all years groups will wear 'School PE kit'. Any student who arrives on the day not in school PE kit will be loaned school PE kit for the day.

Year 10's on the Glastonbury way will need additional clothes, see below.

My child is entitled to Free School Meals - what do I need to do?

Nothing. For years 7,8 & 11, the canteen will be open as normal. Yr 9's all have lunch provided for them. Yr 10's will be bringing a packed lunch, and those students entitled to FSM's can collect a packed lunch from the canteen first thing in the morning.

Where should my child go in the morning?

With the exception of Year 9, all students will be registered in their tutor rooms as per normal. Their tutor will then inform them where their activity is taking place.

Year 9's should be in school no later than 8:35am and go to the canteen.

Please see additional information for those students in Year 10 on the Glastonbury Way Walk below.

We would like to thank you for your support with this, we know that the students will have an excellent day, practice and develop our TRACK values and grow as individuals.

Please do not hesitate to contact us if you have any queries about any of the above.

Yours Faithfully

Cyrano Oakwood
Assistant Head Teacher - Safeguarding & Pastoral Care

Additional Information for Year 10 students on the Glastonbury Way walk

The walk is approximately 8 miles in length and students and their staff group leader will have the full day walking the route. If you are interested in the route we are walking, please use this link below to explore the details, the map is available at the bottom of the webpage and there is an app that can be downloaded onto smartphones:

<https://glastonbury.uk/2021/03/27/the-glastonbury-way/>.

All students will attend a safety briefing at the beginning of the day, and then head off to the first checkpoint with their staff group leader. Staff will ensure students arrive back to school on time for the end of the day.





All students must wear appropriate footwear for walking in and suitable clothing for being outdoors all day. Students should be prepared for all weather conditions. For example, a hat will need to be worn if it is sunny and a waterproof will need to be worn if rain is forecast. As we are walking in March, enough warm layers to make sure they do not get cold at any point is vital.

Students will need to carry a bag with enough water to last the duration of the day and a packed lunch and snacks to sustain them during the day. If students are entitled to free school meals, the school will provide a lunch and these can be collected on the morning of the walk.

Students will also need to carry any medication such as asthma inhalers. Walking safely is a priority for this trip and during the morning safety briefing staff group leaders will complete a kit check to ensure everyone is ready for the day.

If there are any students who have a medical or health condition that may prevent them from doing the walk, they will be working in the Learning Hub in the school looking at various Wellbeing activities. There is also the possibility of students who might not be able to complete the full walk, undertaking a shorter version, although this will be dependent on numbers and group to staff ratios.

