



Dear Parents and Carers

18 January 2021

**Mental Health Day – Friday 22 January 2021**

I would like to start by thanking you all for your support and hard work in helping your child engage with online work with such short notice. I know that this is not an easy or ideal way of working, but both staff and students are making it work, and I am very pleased with the learning taking place.

As your child currently attends school for some allocated days, I also hope that you are finding the time your child spends in school is helping them to keep on top of their online learning, by giving them the time, space and supervision to fully focus on these tasks.

In recognition of the additional demands on both students and staff, I will be making Friday 22nd January a Mental Health day. This day will be set aside for staff and students to catch up with work if they need to, or to take the day to do something to help their mental health. No timetabled lessons will be set on this day, allowing students to either engage with their own choice of positive mental health activity or to engage with the optional mental health activities that all students will be able to access through google classroom.

We would recommend that you do not send your child to school on this day if at all possible, and to either allow everyone in the family some time to pursue their own interests, or spend time together as a family, either doing activities of your own choice, or engaging with the optional mental health activities that will be available on your child's google classrooms.

Of course, we recognise for many families this option will not be available, and of course, the school will still be open on this day for our Vulnerable students and the children of Key Workers who need it. If you have previously arranged for your child to attend school on Friday, and you still need to send your child in, this is not a problem, please email Mr Oakwood ([coakwood@stdunstansschool.com](mailto:coakwood@stdunstansschool.com)) to arrange this.

We plan to bring some of our PE staff to do some work in the afternoon with those students who are still in school, and they will be able to access their google classrooms as per normal, to either catch up on work, or engage with some of the mental health activities. However, please note, as some of these activities may involve aspects such as cooking, or going outside for a family walk, many may not be practical for students in school. We recommend sending them in with a good book, or other reading material, for the day.

**If you still need your child to attend, please email [coakwood@stdunstansschool.com](mailto:coakwood@stdunstansschool.com) to confirm that you do still need your child to attend school on Friday the 22nd of January.**

I hope that Friday, followed by the weekend will help students and staff to take some time to relax, ready to return to lessons the following Monday.

Thank you for your continued support.

Yours sincerely

Keith Howard  
Headteacher