



Kirkby High School

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11th February 2021

Dear Parent/Carer

Good afternoon. Following on from yesterday's Parentapp regarding our **Mindfulness** day tomorrow, I would like to share some more detail about the day. Live lessons will not be delivered in the usual way and we hope that the day will encourage our students to think about their mental health and well-being, while providing some time away from the computer screen.

Your child will begin their day at 10am by attending an assembly with their Head of Year.

The assembly will reflect our personal development sessions that we have delivered this year since September and will include:

1. Making Right Choices
2. British Values
3. Making Progress
4. Keeping Yourself and Others Safe
5. Mental Health Awareness
6. Confidence
7. Developing Resilience
8. Increasing Self-esteem

The assembly will also outline the timing of the sessions to follow.

Timetable Friday 12th February

Time	Session
10:00 – 10:20	Assembly with your HoY and form tutor to reflect on this school year (focus on PD sessions) - Making the right choices - British Values – respect - Making progress - Keeping yourself and others safe - Mental Health Awareness - Confidence - Developing resilience - Increasing self-esteem
10:30 – 11:00	Session 1
11:00 – 11:30	Session 2
11:30 – 12:00	Session 3
12:00 – 1:00	Lunch
1:00 – 1:30	Session 4
1:30 – 2:00	Session 5

Today, you will be able to pick which timetable you will follow for each session. If you select timetable A for session 1, you don't have to pick timetable A for session 2. This will allow you to do the activities that you want to do.

Session 1

Choice 1	Choice 2	Choice 3
<ul style="list-style-type: none"> • Call a friend and offer help or support • Compliment someone on something amazing that they have done 	<ul style="list-style-type: none"> • Make a drink for someone else at home • Read an article about something you are interested in 	<ul style="list-style-type: none"> • Write a short blog about your experiences so far this year and things you have learned about yourself

Session 2

Choice 1	Choice 2	Choice 3
<ul style="list-style-type: none"> • Go for a walk to get some fresh air with an adult • Get fresh air by going out into your garden and exercising 	<ul style="list-style-type: none"> • Learn how to make origami and create something 	<ul style="list-style-type: none"> • Complete a puzzle to keep your brain active

Session 3

Choice 1	Choice 2	Choice 3
<ul style="list-style-type: none"> • Make lunch for someone else in the house 	<ul style="list-style-type: none"> • Complete a random act of kindness • Ask a family member about their favourite things 	<ul style="list-style-type: none"> • Make plans to speak to friends over half-term • Watch a motivational video

Session 4

Choice 1	Choice 2	Choice 3
<ul style="list-style-type: none"> • Complete mindfulness activities shared by Miss Baker 	<ul style="list-style-type: none"> • Complete mindfulness activities shared by Miss Baker 	<ul style="list-style-type: none"> • Complete mindfulness activities shared by Miss Baker

Session 5

This session will be designed to set yourself a half-term challenge and a target for when we return. Based on the assembly this morning and the activities you have selected throughout the day, use this time to:

- Reflect on all the positive that has happened since our return to school
- Plan something that you will do to help someone else over half-term
- What goals do you have for yourself? What would you like to improve? Is this confidence? Resilience? Self-esteem? Developing more of a focus?
- After half-term, what will you do differently? What is your target?

Yours faithfully

Mr Durrant
Assistant Headteacher