



Venerable Bede Church of England Academy

Dayspring Trust



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Pupil Wellbeing Day – Wednesday 3rd March 2021

Dear Parents/Carers,

The current situation we are all in has made it more important than ever to focus on our pupils' wellbeing and mental health.

Wednesday 3rd March will be Pupil Wellbeing Day. Across this day pupils will take a break from their usual studies and engage in a range of activities focusing on their wellbeing, mental health, and mindfulness. This means that live Teams lessons will not be delivered across P2 - P5. The day will provide an opportunity for pupils to 'step away' from the computer screen!

On Wednesday 3rd March, Pupil Wellbeing Day will be introduced by tutors during the Personal Development lesson from 9.15am. The normal timetable will be suspended, and pupils will then be free to engage in the wellbeing activities across the day. A slightly different programme of events will take place for those pupils who will be in school on Wednesday 3rd March.

Further information will be shared with parents/carers and pupils next week, so that everyone is aware of the different wellbeing activities that are on offer.

A reminder that the school's website also contains a regularly updated section dedicated to wellbeing, mental health, and mindfulness. A wealth of information can be found, including resources for both parents/carers and pupils and links to support services [Well-being, Mental Health and Mindfulness - Venerable Bede CE Academy](#)

Best wishes,

Mr R Goodman
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