



9 February 2021

Dear Parent/Carer

**RE: SCREEN BREAK WELLBEING AFTERNOON 11.02.21**

**Wellbeing Afternoon 11.02.21**

To give both students and staff a break from their screens we will be having a wellbeing afternoon on 11.02.21 for periods 4 and 5 of the school day (12:30 – 2:30). We recognise that it is so important at this time to look after ourselves, students will be walked through a choice set of non-screen based wellbeing activities linked to the 6 ways to wellbeing by their form tutor on Thursday morning and then will be asked to share their experience of the activities in form time on Friday morning. All activities will also be shared on the website and social media.

Our Student Wellbeing Champions have also planned a scavenger hunt activity for the afternoon that you may wish to take part in as a family, getting outside and enjoying some fresh air and clocking up some miles for the Tokyo challenge! Our Student Wellbeing Champions are a committed group of students who promote student wellbeing in school. If your child would be interested in joining the team, please ask them to talk to their form tutor.

**Students in School**

If your child is attending school, then they will also be given the afternoon off-screen. Students will take part in a range of wellbeing activities in their bubbles on site and school will finish at the same time as usual at 2:30pm.

**Form Time**

Finally, please take this opportunity to remind your child of the importance of attending their form time from 8:30 – 8:45 every day. Form time is a vital part of our school day, it gives students a chance to check in with their form tutor and is where we deliver wellbeing activities, read as a form, and explore our CARES values. Year 11 students also receive careers advice and guidance, including planning their next steps, looking at their Curriculum Vitae and information on how to manage money.

If you have any questions at all please get in touch, my email is:

[edobson@harrogatehighschool.co.uk](mailto:edobson@harrogatehighschool.co.uk)

Yours faithfully

*edobson*

**Miss E Dobson**  
Associate Assistant Head

