



5 February 2021

Dear Parent/ Guardian,

Friday 12 February – Freeze Screen Friday

I write to provide some further information on #freezescreenfriday. Mr Johnson has recently explained that on Friday 12 February, we aim to have a slightly different take on the school day, encouraging less work to be completed on the computer and for the day to focus on the five key wellbeing areas; Connect, Be Active, Take Notice, Keep Learning and Give.

Please find attached the plan for Friday, which you can see encourages your child/(ren) to take part in some feel-good activities. Each activity has different point values and the aim is to tally a minimum of 20 points by completing the activities.

We hope this will be a fun, alternative learning day that you can also do across the wider family should you wish. Further ideas of activities can be found in your child/(ren)'s pastoral Google Classroom.

For students who are currently attending Special Provision, we will adapt the day so that students have the opportunity to take part in wellbeing tasks, however due to covid restrictions this is likely to include a limited number of activities. If your child/(ren) attend(s) Special Provision currently, please can I ask that you complete the google form [here](#), indicating whether they will be attending school on this day to help inform our planning.

We look forward to seeing some of you sharing how your day has gone via the Google Classroom or tweeting @MESReading.

Yours sincerely

Miss C Burns

Senior AHT, Inclusion and Safeguarding