

24 February 2021



Ralph Allen School

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Dear Parent/Carer

Wellbeing Day - 5 March 2021

We are delighted to give you more details about our Ralph Allen Wellbeing Day on 5 March.

There will be no lessons timetabled on this day as staff will be on a training day and we are therefore dedicating it to a wellbeing day for our students. The aim is to provide them with time away from online learning and the opportunity to participate in activities they have chosen which will support positive mental health. We would like to provide more opportunities for our students to recognise what makes them feel better and what activities are valuable for their wellbeing. During tutor time we will be discussing ideas with all our students to encourage them to actively choose activities which help them cope during lockdown.

We have attached an activity pack filled with ideas on how they could organise this day but it is crucial our young people learn how to manage their own wellbeing. This skill, to know what works for us all individually to help us feel better when times are tough, is an essential tool as our students move into adulthood. An important part of the process is for our students to acknowledge what they have learnt about themselves and about how to support their own wellbeing. We will also be asking our students to feedback to us on how they chose to spend this day during tutor sessions.

We appreciate your support in talking to your son/daughter about their plans for this day and please encourage them to think about what activities they can do. We would love see any photos or hear from you and please send these to reception@ralphallenschool.com which will then be publicised on our Facebook page and Newsletter.

Attached is a booklet with some suggestions for activities along with a PowerPoint presentation your young people will have seen during tutor time.

We also need your help with a **collaborative Wellbeing event** which will involve the whole Ralph Allen Community. You might have seen in the media how the art of origami is growing in popularity during the national lockdown due to its ability to encourage us to focus on the moment, as well as encouraging patience, spatial and perceptual awareness, hand eye coordination and improving concentration. We are asking every student, parent, carer, member of staff and Governor to get involved.

All you need to do is make an origami bird or butterfly, write a positive message on it and drop off in the box at the front of reception or post to us. Instructions attached [here](#).

Please make as many as you can and all you need is a piece of paper!

Here is an image of what we are aiming for:

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Ralph Allen School is part of Palladian Academy Trust (PAT) | Company number: 8061092



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Take care and best wishes,

Hannah Fleming
Assistant Headteacher – Wellbeing

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