



Ralph Allen School

Respect • Teamwork • Personal Best

Dear Parents/Carers

We wrote to you a few weeks ago about how we are working together to support the mental health of our young people during the pandemic and we sent links to organisations which can provide support if needed. You can also find these on our website [here](#).

These are challenging times for our young people. Despite our best efforts, we know our students are fed up with online learning and having their movements restricted, as well as missing their family and friends. However, we are also so impressed with the resilience, maturity and strength of Ralph Allen students. The majority of our young people have made the best of the situation and they get on with their work to the best of their ability. Our staff have been motivated and inspired by the commitment of our students during online lessons as they tackle tasks with good humour and a positive work ethic.

We all have bad days where the relentlessness of the situation becomes overwhelming, but it is brilliant that our children have the language and skills to talk about their mental health openly. Our students constantly show us that it is a strength to talk about the occasions when they are finding things hard. Although we all need support to do this sometimes, our young people are proving adaptable and optimistic.

As we move forward in this third lockdown, 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. This **Thursday 11 February** is year 10 Parents' Evening which means our students will not have their period 5 lessons. We would like to encourage them to actively choose activities for the afternoon which help them cope in lockdown. We have provided links at the end of this letter with some ideas on how to spend the afternoon, but it is crucial our young people learn how to manage their own wellbeing. It is a skill to know what works for us all individually to help us feel better when times are tough and it is an essential tool as our students move into adulthood. We appreciate your support in talking to your son/daughter about their plans for the afternoon and encourage them to think about what activities they can do.

We will also be dedicating **Friday 5 March** as a wellbeing day for our students where we will give them time away from online learning and the opportunity to participate in activities they have chosen to support positive mental health. We will spend time talking about this during our Tutor sessions. More details to follow. The 5 March is an inset day for our staff.

If you have any ideas or further questions, please do not hesitate to contact me by email and I will get back to you as soon as possible h.fleming@ralphallenschool.com.

Take care and best wishes,

Hannah Fleming
Assistant Headteacher – Wellbeing

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Here are just a few ideas to get you started:

- Draw with Rob Biddulph <http://www.robbiddulph.com/draw-with-rob>
- Attempt these top 10 foodie projects <https://www.bbcgoodfood.com/howto/guide/top-10-foodie-projects-try-lockdown>
- Find your calm, take a deep breath, and download the app <https://www.calm.com/>
- Bring sally up squat challenge <https://www.youtube.com/watch/bq16slU2A7k>
- Try one of the 30 random acts of fun <https://keepingkidsinmotion.com/2020/04/26/30-random-acts-of-fun-for-may/>
- Teach yourself calligraphy <https://www.youtube.com/watch?v=wBIPJqUCMws>

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