

RP/tb – 5th February 2021

Dear Parent/Carer

Re: Digital Down-time and Student Well-being

I have been really pleased with the levels of engagement shown by our students in their remote learning activities and in how they have embraced the use of online learning platforms. Whilst our teaching staff have done everything they can to make online learning as accessible and close to student's normal classroom based activities as possible, it is clear that this is a very different experience from learning in school, and one which has its limitations.

In delivering learning in this way, both students and staff are spending extended periods of time in front of computer screens, and in many cases not taking ample breaks and time away. Whilst this is a necessity to access learning at the current time, it is crucial for well-being that we all take a break from screen time and ensure we take part in activities that allow us to relax and unwind.

To this end, we will be running an afternoon of digital downtime on Tuesday 9th February. Students will not be set work for their normal lessons during Periods 5 and 6 on the day; they will instead be encouraged to take part in activities that promote well-being and positive mental health. You will find attached with this letter a document that details some ideas of activities students could undertake during this period.

As part of children's mental health week, Heads of Year will this week share content on strategies for maintaining positive mental health and offer guidance on where students can seek support, in addition to that already offered by the school. Also attached with this letter is a booklet providing details of external agencies who can provide additional support. Should you have any concerns about your child or feel we could support in any way, please don't hesitate to contact the school.

Yours faithfully
The Long Eaton School

R Peel

Mr R Peel
Headteacher