



# PARK HILL PRIMARY SCHOOL

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Headteacher: Mr P Griffin

21<sup>st</sup> January 2021



## Wellbeing Wednesday

To all of our Park Hill families,

We are really proud of the remote learning that children who attend Park Hill are accessing. Attendance to live sessions has been high and the quality of work that children are sending in is just fantastic.

We understand that every individual family will have their own challenges and both adults and children will be coping with the current level of the pandemic in different ways.

As a school we would like to reassure you that whilst we encourage children to take part in live sessions, watch pre-recorded sessions and complete tasks, wellbeing is the most important. We understand that 'doing it all' may not be realistic every day and it is important that you don't feel guilty on those days.

As the pandemic continues and the length of time away from school increases, we know that children's behaviours may change and that you may be worrying about their academic successes. Teachers, support staff and our SEND/pastoral team recognise this and will work with you remotely to support with any gaps or concerns. Children who are in school are accessing the exact same sessions as the children who are working remote and once there is a wider opening of the school staff will be ready to assess all children's knowledge and skills and adapt the curriculum as needed. We have to continue to keep numbers of children in school as low as we possibly can so ask that you reach out and access all of the resources offered to you remotely where children are finding the demands a challenge.

This leads me on to introducing **Wellbeing Wednesday**.

On

Wednesday 27<sup>th</sup> January **afternoon only**

Wednesday 3<sup>rd</sup> February **all day**

Wednesday 10<sup>th</sup> February **all day**

We will hold a Wellbeing Wednesday.

The aim is for children to have a break from learning via a screen and have the opportunity to focus on their wellbeing.

Staff will still plan using the timetable you are all familiar with and give suggested activities for 'Wellbeing Wednesday' that do not rely on the use of a screen; there will be no expectation to submit work on that day. During interaction sessions on the Thursday and Friday staff will focus on allowing children to share the activities they carried out on the Wednesday. We would like you to openly promote with your child/children that this day is purposely to focus on what they enjoy doing and for mindfulness/wellbeing tasks. We understand many of you will be working from home and juggling multiple roles but where possible we would like to encourage adults to also take time on a Wednesday to reflect on wellbeing and openly discuss this. Teachers will still access dojo on a Wednesday, plan activities and be contactable but will allow time in their day to also reflect on their own wellbeing and what they are doing to ensure they are looking after their mental health.

Children of Critical workers who are in school will access the same wellbeing activities in school alongside the staff.

Look out for more information from class teachers!

Stay Safe

**Miss Norcliffe**

Deputy Headteacher

Park Hill Primary School