



The Astley Cooper School

Part of the East Dacorum Co-operative Learning Trust

28 January 2021

St Agnells Lane, Hemel Hempstead HP2 7HL

Tel: 01442 394 141

Fax: 01442 401 407

Email: admin@astleycooper.herts.sch.uk

Web: www.astleycooper.herts.sch.uk

Dear Parents/Carers,

Headteacher: Edward Gaynor

Firstly, we would like to say well done to all students for their hard work with live lessons and remote learning so far.

We understand the added stress that online learning can cause and the impact too much intense screen time can have. As a result of this, we would like to introduce a series of well-being afternoons on Monday 1 February, Tuesday 9 February, Wednesday 24 February and Thursday 4 March.

Your child's usual timetable will be collapsed for the afternoon and the subject teachers for those afternoon sessions will not be setting any work. Instead, students are encouraged to engage with some well-being activities, ideally away from a computer screen.

To support, we have suggested a range of activities to provide some inspiration. The activities are designed to take your child's mind off school work for half a day and to allow them time to reflect, refresh and enjoy themselves. A copy of these suggestions is available in their Form Classroom on Google Classroom and we have also attached a copy to this letter.

If students would like to share examples of the activities they take part in during the well-being afternoons, they can submit a photograph or description to wellbeing@astleycooper.herts.sch.uk

All submissions will receive merit points and we will display them on the Well-being page of our Remote Learning website.

<https://sites.google.com/astleycooper.herts.sch.uk/acs-remote-learning/wellbeing>

If your child would like to ask any questions or would like further information, there will be an opportunity to speak with their form tutor during form time.

Thank you to all of you for your support and understanding in this challenging time. We hope these wellbeing afternoons will offer some welcome alternative learning.

Yours sincerely

Mrs J Rourke
Assistant Headteacher

