



THE WELLS ACADEMY

Be kind. Work hard. Achieve greatness

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03/02/2021

Dear Parent/Carer

RE: The Wells Academy Wellbeing Week 1st February – 5th February 2021 and ‘No Screen Day’ Wednesday 10th February

I hope you and your families are well and keeping safe in such challenging times.

The pandemic together with national lockdown has placed great pressures on everyone. It is important that during these challenging times we look after each other and our wellbeing.

This week is National Mental Health Week. All educational settings across the country will be promoting healthy minds and wellbeing tips to encourage people to stay healthy.

We are mindful that remote learning has meant that both students and staff are spending extended periods of time in front of the screen and although this has meant that we have been able to continue teaching and our students have been able to continue learning and making progress, we realise that this can also be challenging.

Due to this, and as part of National Mental Health Awareness Week, we are going to be having a ‘No Screen Day’ on Wednesday 10th February 2021. **This means no live lessons will be taking place on Wednesday 10th February 2021 and students will not be expected to engage with online lessons.** Instead, students will be set subject specific activities to complete independently that do not involve sitting in front of a device.

We will be uploading all the activities onto TEAMS on Tuesday 9th February 2021 where students will be able to access all the subject specific activities and share their fun with the Academy. We encourage students to send pictures of their work at home to their tutors so we can share this with other students and on our Twitter page. We encourage all students to take part and take some well-deserved time for themselves, doing something which they enjoy and makes them happy.

Students will be informed about ‘No Screen Day’ through assemblies this week so they are clear about what is expected and how they can access their activities.

If your child attends the keyworker/vulnerable provision, we will still expect them to attend school and they will take part in the activities discussed above, led by our Senior Leadership Team.

We will also be in contact before half term about how we will be tweaking our delivery model of online learning and supporting students with the amount of screen time and workload demands. If you have any further questions, please do not hesitate to contact your child’s form tutor or Deputy Head of Year.

Kind regards,

Miss S Gascoyne
Assistant Principal - The Wells Academy

