

AWF/NPM

8th February 2021

Dear Parents and Carers,

As we begin our sixth week of home learning, I want to take this opportunity to inform you about our OHA Wellbeing Day, taking place on Friday 12th February.

As you are probably aware, last week was Children's Mental Health Week and as we approach the end of a difficult and testing half term, we felt it would be a positive way to reflect on our achievements.

An assembly will take place for all year groups at 8.45am and from there, students will be encouraged to take part in a range of age appropriate wellbeing activities (please see the menu attached) throughout the day. One of the objectives of our Wellbeing Day is to reduce 'screen time' for our students and staff. We would appreciate your support in encouraging your child to actively engage in the activities we have suggested.

The academy will still be open for our key worker and vulnerable students. They will undertake a range of wellbeing activities supported by a specialist provision. All students accessing the academy on Friday will need to be in their PE kit.

Pictures and videos can be sent to Wellbeing@ormistonhorizonacademy.co.uk or please tag @ohaspirit on Instagram (or any of our school Instagram accounts).

During these difficult times, it is important that we take a moment to pause and check in on those around us. The last six weeks have been relentless for us all, please take a moment to breath, to share and to smile.

Please continue to stay safe.

Yours sincerely,



A Fitzgibbon
Principal

Wellbeing Schedule

Each link will take you to a YouTube video for inspiration.

Parents and Staff are encouraged to join in as well and spend the day joining in activities away from the screen.

We can't wait to see photos of all your bakes, pancake flipping and creations from the day.

	MAKER	ACTIVE	READING	RANDOM ACTS
Year 7	<u>Draw a Rob Biddulph Character</u>	<u>Good morning yoga with Adriene and Benji the dog</u>	<u>Read a book to a family member by video message</u>	<u>Write a letter to someone to show you're thinking about them</u>
Year 8	<u>Enter our OHA Pancake competition</u>	<u>What can you balance on your head?</u>	<u>Learn about the Elephants at Chester zoo</u>	<u>Create a happiness playlist</u>
Year 9	<u>Craft yourself happy</u>	<u>Go on a walk – map it on google maps to make a picture</u>	<u>Create a comic strip showing how you feel about lockdown</u>	<u>Send a motivational quote to a friend</u>
Year 10	<u>Create something to support the LGBT community</u>	<u>Do a Joe Wicks work out</u>	<u>Start to read a new book</u>	<u>Write a card to your parents or carers telling them you care</u>
Year 11	<u>Create a mood tracker journal</u>	<u>Relax through guided meditation</u>	<u>Take a look around Switzerland</u>	<u>Do all the washing up for a day</u>
Staff & Parents	<u>Make a cake and share the recipe</u>	<u>Walk your part of “500 miles” as a super hero Red nose day</u>	<u>Enjoy your favourite book and a cup of tea</u>	<u>Surprise someone with a virtual lunch or catch up</u>

Responsibility

Respect

Resilience