



We are turning the day inside out.

Alderbrook has joined in on the **first ever** mental health and wellbeing **festival** for schools which with the current climate is more important than ever!

WE KNOW THAT THE PAST FEW WEEKS HAVE NOT BEEN EASY. YOU HAVE ADAPTED TO A NEW WAY OF LIFE AND WORKED VERY HARD.

We have set a day aside for you to look after yourself and your mental health.

Spend time away from your phone, games and computer screens and do something that makes you feel good.

Whilst we want to encourage students to have a screen free day, we are aware, from our, that some students will be appreciative of the time to reflect on their remote learning as well. Therefore, we want to encourage students to do activities on this day to help them to feel better.

- Design your own day to help you relax, such as playing a quiz with friends, going for a walk, exercising, reading.
- Contact your family members
- Spend time catching up on your work.
- Spend time going over lessons or topics you found difficult or didn't understand. (BBC Bitesize and Oak National Academy will be useful here).
- Participate in the wellbeing webinar
- Wellbeing resources.
- Learn new skills

TODAY IS YOUR DAY

A reminder that students can message their form tutors on Teams if they have any general concerns and must always get in touch with us if they feel they want more support.