



KING EDWARD VI
SHELDON HEATH ACADEMY

King Edward VI Sheldon Heath Academy

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22, February 2021

Dear Parents/Carers

We recognise that in these unprecedented times our pupils have had to adapt to a new way of learning and are spending much of their school day in front of a laptop or computer. We want to provide an opportunity for pupils to participate in some activities away from their screens, so on the afternoon of Friday, 26th February 2021 we are hosting a wellbeing event. During this event, we will be asking pupils to get involved with wellbeing activities that will focus on kindness and compassion. Some of these activities may also involve students undertaking research.

Pupils will be expected to register as normal at the start of Period 5, and will then work independently on a selection of activities during Period 5 and 6. The activities will be selected by the pupils during their form time this week. Further information about these activities can be found on our wellbeing page on our website, [Student wellbeing - King Edward VI Sheldon Heath Academy \(keshacademy.com\)](http://www.keshacademy.com)

Our key worker and vulnerable students can attend the Academy as normal on the 26th February and will also have the opportunity to participate in wellbeing activities away from the screen.

We encourage parents and families to join these activities with their children and welcome your feedback. An evaluation form will be circulated for you and your child to complete after the event.

I hope you all find these activities an enjoyable and rewarding experience.

Best wishes,

Yours sincerely

Mr Khan
Assistant Vice Principal



**KING EDWARD VI
ACADEMY TRUST
BIRMINGHAM**

Principal: Ms R. Elcocks

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