

# LANCASTER ROYAL GRAMMAR SCHOOL

East Road Lancaster LA1 3EF

Tel: 01524 580600 Ext: 205

Email: [cpyle@lrqs.org.uk](mailto:cpyle@lrqs.org.uk)



26<sup>th</sup> June 2020

Dear Pupils,

## **Well-being Wednesday – 8<sup>th</sup> July.**

Usually in the last few weeks of the summer term, pupils and staff would be enjoying time out of the classroom, taking part in various events and trips. We think you have been working so hard in your Teams lessons, so we want to give you a day's reward away from the virtual classroom.

On Wednesday 8<sup>th</sup> July, there will be no Teams lessons for Years 7-9 and a reduced timetable for Year 10 and the Lower Sixth. Instead of Teams lessons, we are giving you a menu of activities to pick from that you can enjoy with your families, friends and neighbours. They are designed to help your own well-being as well as to have a positive impact on the people you care about.

There are lots of definitions of well-being, but in essence it is about a healthy body, a healthy mind and healthy relationships. The activities we will be asking you to engage with fall into 5 categories which are generally acknowledged as being the key markers promoting well-being.

These are:-

- Feel connected
- Be active
- Learn new skills
- Give to others
- Take notice – be mindful

Attached to this letter is a PowerPoint presentation that provides you with a vast array of suggestions for each of the 5 categories. On the 8<sup>th</sup> July we'd like you to engage with one idea for each of the categories – you could do more if you wish. We're sending you the details in advance as there may be items you need to source to be able to engage with your chosen tasks. It would be great if you could get your parents, siblings and neighbours involved too.

There is no obligation for you to document, photograph, submit or upload anything! We really want you to have fun away from your computer screen as much as possible. However, if you'd like to send in photos, video footage or anything similar to show what you've been up to, we're sure that your tutors would love to receive them and we will create a virtual well-being wall and a real-life one to showcase all your creations and the wonderful activities you've done.

You can email photos to your form tutor, or with permission from your parents send them directly to Mrs Emma Jones, Marketing Manager ([ejones@lrqs.org.uk](mailto:ejones@lrqs.org.uk)) who will post updates on social media as #WellbeingWednesday #LRGSTogether.

We are so proud of how you have kept going with your work in spite of the most challenging of circumstances. We hope you will see that Well-being Wednesday is a little reward to say well done and thank you. Enjoy the day!

Yours faithfully,

Dr C J Pyle  
Headmaster