



2nd March 2021

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Dear Parent/ Carer,

Express Yourself Day – Friday, 5th March 2021

I hope your family are safe and well and continuing to look after yourselves and each other.

We are well aware of the importance of promoting positive mental health for our entire school community and even more so during unprecedented times such as these. This Friday, 5th March, we will have a day away from screens when we will invite students to complete challenges which encourage them to be creative, thoughtful and physical. **There will be no live lessons for any year group on this day.**

Please see [the attached poster](#) with our suggestions for 'Express Yourself' challenges that students might like to complete at home. They may of course have their own original ideas. We would be delighted if you could encourage your child to complete as many challenges as possible during the day. For each challenge completed, students can submit their entry into a competition to be in with a chance of winning prizes. This will simply involve emailing written or photo/video evidence of the completed challenge to admin@pilton.college.

Our on-site key worker school provision will continue in the normal way on 'Express Yourself' Day, with students following a carousel of creative, physical and Covid-safe activities whilst remaining in their bubbles.

Thank you for your support and cooperation with this important initiative.

Kind regards,

Graham Hill
Head teacher