



# Plymouth High School for Girls

*"For life, not school, we learn"*

12<sup>th</sup> January 2021

Dear Parent/ Carer,

Whilst we are very proud of our 'Remote Learning' offer and the work of everyone in our community, we are also aware of the limitations of studying from home. We are very conscious of the amount of screen time both students and staff are experiencing across the school week. To help promote both physical and mental health, we will be introducing the following with immediate effect:

1. **'Get Up, Get Moving' hour.** Each week, one lesson (a different one every week) will be dedicated to students and staff focusing on their own wellbeing/ physical health. We encourage everyone to move away from their screen and do something active/ something to support their wellbeing. This will vary depending on the individual but it could be reading a book, going for a walk, meditating, doing an online workout or increasing heart rate through different activities. Whatever is chosen, it should involve time away from a computer screen. Where it is safe and possible to do so, it would be best if this could happen outside.

This will begin on Wednesday, 13th January (period 4) and continue on the following dates:

Tuesday, 19th January: period 2.

Thursday, 28th January: period 4.

Friday, 5th February period 3.

We hope you will be able to support your child with this and use the time to move away from work for a short period.

Core PE lessons will run as normal during these periods.

2. Teachers will aim for lesson one and lesson four to be 50 minutes in length so that there is a ten minute break in the middle of the two hour session. Again, we would like students to move around and stretch so they are focused and ready for the following lesson.

Students and staff have been working incredibly hard on remote learning and we hope that the above initiatives will help students be even more productive.

Thank you for your continued support.

Yours sincerely,



Shaun Willis.  
Deputy Headteacher.