



Dear Parent/Carer

I hope your child enjoyed time away from the screen on the “snow day” on Monday! Thank you to all those that sent Mrs Nicholass pictures of snowmen that were built.

On Friday it is National Screen Free Day and to recognise this we have made the decision that live lessons will continue from P1 to P4 but after lunchtime there will be a range of activities to give our students time away from their screens. We have therefore devised a programme which we hope they will enjoy. Details of our wellbeing activities involve PE, mindfulness, cooking recipes, desert island discs and film studies. They can be found following this link to our website (<https://www.bchs.essex.sch.uk/1895/mental-wellbeing-at-home>). All entries should be submitted to Mrs Nicholass (j.nicholass.bch@osborne.coop) and house points will be awarded for best entries!

This Friday’s selection of desert island discs for wellbeing is from Miss Nicholson, who is the Head of Year 7.

We, as a school, hope this will be an enjoyable ending to another half-term. I am very proud of each and every one of our students for showing such astounding resilience during these difficult times.

On behalf of all staff I wish you all a relaxing half term.

Yours sincerely

Miss M Ryan
Headteacher