

29 January 2021

Dear #TeamBRIGHTstowe parents and carers,

I hope this finds you and your families safe and well.

Further to my letter to you on Wednesday, I am writing to you with more information about the changes to our timetable from this coming Monday, 1st February.

As a reminder, these will be the new timings for our lessons:

0850-0900	Tutor Time
0900-0945	Lesson 1
0945-0950	Short Break
0950-1035	Lesson 2
1035-1105	Long Break
1105-1150	Lesson 3
1150-1155	Short Break
1155-1240	Lesson 4
1240-1310	Long Break
1310-1355	Lesson 5
1400-1500	Wellbeing Sessions

As well as shortening online lessons to 45 minutes and providing more screen breaks during the day, we have added in an hour of wellbeing activities each afternoon.

Lockdown 3 is hard for us all. We have been really grateful to students, parents and staff who have spoken with us about some of the challenges lockdown learning presents. Mostly, we are very aware of the lack of opportunities students have to be part of our physical community and to freely be with and speak to their friends.

The activities follow the format of the NHS Mental Health Five-a-Day. These are five simple things we should all try to do each day to make sure that we maintain our mental health:

1. **Connect** – connect with the people around you.
2. **Be active** – exercise every day
3. **Learn** – learning new skills gives a sense of achievement and new confidence.
4. **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word.
5. **Notice** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness” and it really just means paying attention to the ‘now’.

For the next two weeks, students will be set wellbeing challenges to complete each day. These will be shared on Teams during tutor time and also on our @BeBrightstowe Instagram, which is monitored by our Head of Wellbeing, Mr Clayton. There will also be a Gratitude Journal for students to complete. We are looking forward to seeing the extracts from this journal that students want to share.

After half term, we are really pleased to be able to offer virtual clubs for students to attend each day between 2 and 3pm. The clubs will be designed for students to contribute, engage and talk with other people. They will be invited to sign up to the clubs and we will be checking that all students have opted in. This is because we believe that all students will benefit from the opportunity to be involved in positive experiences that are not related to school work. We will send you more information on these clubs next week.

Thank you so much for your ongoing support.

Stay safe and #ShineBRIGHT,



Alan Dane
Principal

Principal – Mr A Dane
Penpole Lane, Shirehampton, Bristol, BS11 0EB
Tel: 0117 3167330. www.oasisacademybrightstowe.org

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