



FITZHARRYS SCHOOL

Fitzharrys School
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Head of School: Mr W Speke, BA (Hons)

3 February 2021

Dear Parents and carers,

We are so proud of your children and all they are doing. They are picking up new working techniques, new routines, new ways of negotiating friendships – all sorts of ‘new normals’, and we think they are doing brilliantly. We are all trying to find ways of coping with this pandemic, and we’d like to share some things that we at Fitzharrys are putting in place to support your child with their mental wellbeing at this difficult time.

Firstly, if your child has any concerns or worries, as always please get in contact with your child’s tutor, Student Wellbeing Manager or Head of Year, and we can help with some advice, or by signposting you to the best person to help you.

Mental health is something that we should look after every day – and this is especially difficult during a pandemic. A healthy lifestyle is the first thing to consider: eating a balanced diet (5 fruit and veg each day, not overdoing it on the sweet treats); sleeping well (not playing on phones or gaming devices late into the night and getting up at a reasonable time); getting some exercise every day. This should be enough for most children to stay mentally well. However, we know that there are other things your child can do every day to give them an extra ‘boost’. Therefore, we are introducing a ‘wellbeing challenge’ with some daily activities that can give them this little buzz of endorphins to keep them happy. This will be launched to students by their tutors during morning tutor time this week and will also be added to epraise. A copy of the supporting wellbeing challenge poster is also attached for you to see alongside this letter so you can support with this and encourage completion at home; you are also welcome to participate!

Another thing good for mental health that they’ll be missing is their friends, and the sense of community that comes from being in school. Therefore, we have set up some live events via Microsoft Teams that we would love for any student, with or without yourselves and other family members, to join in with. The first event is a live cooking event with Mrs Randall, scheduled for **Monday 8 February at 3.30pm**.



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Please find below a quick 'form' to fill in registering your interest in this event. There are no limits on the number of attendees, although we ask that you fill in the form before the end of the week, Friday 5 February so we can confirm interest with Miss Randall and supply you with the recipe, an event invite and link to access the event.

https://forms.office.com/Pages/ResponsePage.aspx?id=qtEM4g_ZUUGcXLtrguCldbGOORtzgyVIIKKxhVkdH-FUMExTUKJINIBNNEU0S0NUMjFERjZSDBIMy4u

Over the forthcoming weeks myself or colleagues from the pastoral team will be in contact again with details of other events and wellbeing challenges.

Best wishes to you all, stay safe.



Mr A Williams and The Fitzharrys Pastoral Team

Assistant Headteacher; Pastoral



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