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Dear Parent/Carer,

During this period of school closure it is important we support our children and young people's well-being as well as their academic learning. As such Queensbury Academy is taking part in Children's Mental Health Week which runs from 1-7<sup>th</sup> February 2021. The theme of the week is '**Express Yourself**' and encourages exploring different ways to share feelings, thoughts, or ideas through creativity. It promotes finding a way for young people to show who they are and how they see the world, which in turn helps them to feel good about themselves. We will be looking at a range of activities to support this in tutor time, and as parents and carers play an important role in their child's mental health, we invite you to access the [Parents and Carers - Children's Mental Health Week 2021](#) page also, for ideas that you can use at home.

We have also developed a range of 'screen free' activities for students to participate in and will be having one screen-free lesson each Wednesday afternoon for the next two weeks in order to give students time to try out these activities, develop new skills and express themselves in different ways. Less screen time reduces eyestrain, helps prevent headaches, improves sleep and assists focus, all of which supports good mental health, and we wish to support our students to develop other healthy activities during these #Wellbeing Wednesdays. Please see the leaflet on the website with the range of activities and strongly encourage your child to participate. We are keen to hear from families that are happy to share their participation in these activities via our Twitter page, so please do Tweet us ([www.twitter.com](http://www.twitter.com)) with updates or photos to @queensburyacad using the hashtags #weCARE and #WellbeingWednesday. Please also ask your child to update their tutor of their activities in their tutor teams group.

To summarise, for the next two weeks Years 7-10 will only have three lessons of work uploaded and the fourth lesson is to be spent on the non-screen time events. Years 11,12 and 13 are encouraged to prioritise some time to focus on themselves and their well-being also around their lessons and assessments.

We are aware that home learning is a massive learning curve for our students, parents and staff, and is presenting a number of challenges. We hope that in some way this will offer some support at this time.

Yours sincerely

Rachel Mason  
Senior-Vice Principal/Anthem Head of Inclusion

