

Barnes Farm Junior School

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Mindful Monday 25th January

Dear Parents and Carers,

We are really looking forward to the first Mindful Monday of this term. Whilst we are incredibly proud of how quickly our school community has adapted to remote teaching, we also value the important of some screen-free time for everybody.

We understand that many parents will still be working from home. We would still appreciate your support by helping the children to be set up for the activities at the start of the day. We have selected a range of activities so many of them can be completed independently.

Attached you will find a 'menu' of activities for the day. There is no expectation to complete them in a particular order, or to get through all of them. You may want to keep some back for extra screen-free time during the week. But we do encourage as many to be looked at to support the variety of skills that accompany them. Please do feel you can share anything you are proud of on Twitter (and mention us @barnesfarmjnr)

Some activities may require things that you do not have indoors at the moment, **this doesn't matter**, you can simply save these for another time. We have included some additional resources that you may wish to use for the day.

We will start the day with a short, Whole School Assembly at 9:05am and then the children will be able to begin the day.

Children who are accessing on site provision will still be taking part in Mindful Monday and will be able to access the majority of the tasks with the adults in school. If your child has P.E. on this day, it will still go ahead.

Thank you in advance for your support.

Regards,

Mr McTaggart
Headteacher

