

Dear Parents/Carers

Update on Year 10 Parents' Day and School Reports

Appointments are getting booked up our Year 10 Parents' Day on Thursday 11 February. If you have not already booked your appointment then please book soon to get your preferred time slot: <https://christtheking-school.schoolcloud.co.uk/>. It is possible for two parents/carers to log in from different locations and both participate in the same meeting with the teacher. Instructions can be found at: <https://support.parentseveningsystem.co.uk/article/862-video-appointments-parents-how-to-invite-another-parent-guardian-to-join-your-appointments>. Please do not hesitate to contact me with any queries and I will get back to you as soon as possible (mccoun@christtheking-school.com). Should the technology fail, then teachers will try and reach you by phone; please note the number will appear as withheld.

Year 10 reports were emailed to parents, carers and pupils yesterday. You may have noticed that the assessments for core PE were not included in the recent 10A2 reports due to the current circumstances not allowing the PE curriculum to be assessed in the normal way. **During lockdown we believe that physical activity of any kind is extremely important to pupils' physical and mental wellbeing** and as a result the PE Department has created a PE Padlet that includes posts such as the following:

- Workouts for pupils to follow
- Skills challenges for them to try
- Ways to improve their wellbeing
- Yoga and dance sessions
- Recommended reading
- Information about how to maintain a healthy lifestyle
- Videos of the PE Department trying out the latest challenges.

We are encouraging pupils to use this resource both when they have timetabled PE as well as during breaks and in their own free time. **We are challenging them to achieve the recommended 60 minutes of physical activity a day.** Please encourage your child to use the Padlet and feel free as a family to use any of the resources provided. Whilst we cannot deliver PE in the usual way we are committed to keeping our pupils physically active.

Kind regards

Mr N McCourt
Assistant Headteacher

Miss C Plummer
Head of Personal Development and Sport