



## THE KING'S SCHOOL

The King's School

Mill Hill Lane

Pontefract

West Yorkshire

WF8 4JF

T: 01977 601701

W: [kings.patrust.org.uk](http://kings.patrust.org.uk)

E: [admin@kings.patrust.org.uk](mailto:admin@kings.patrust.org.uk)

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Dear Parents/carers

### 30 Day Wellbeing Challenge

As is often the case at present we find ourselves needing to move on new information very quickly and a fantastic opportunity has arisen which we would like all students to take part in tomorrow, Tuesday 12 January. As many of you are aware, the wellbeing of young people is a topic of increasing prevalence and one that is discussed regularly in the media. Promoting this whilst still providing a range of online learning is a balance we are continuously trying to achieve.

Many of you will know Jamie Peacock as a Rugby League legend who played for Leeds Rhinos but he also has a huge involvement in wellbeing and resilience of both adults and young people. Tomorrow he is launching a 30 day wellbeing challenge for children across the country aged 10 and above and we would like all students at The King's School to take part. Tomorrow your school day will be changed to allow you to access the online session with Jamie, therefore it will now be as follows:

9.00-9.20	Form time – Timing of sessions and zoom information given in form time
9.20-10.20	Period 1 – Normal Lesson
10.20-10.35	Break
10.35-11.35	Period 2 – Normal Lesson
11.35-12.00	Log back in to your form time google classroom to allow your form tutor to support you to book on the course. Parents/Carers may have already done this, if so, still log back into form time google classroom to show you are booked on. Your form tutor will then leave to allow you to log into to the zoom session.
12.00-1.30	Jamie Peacock 30 Day Wellbeing Challenge – On Zoom Students will be muted and their cameras will be turned off as a default setting
1.30-2.05	Lunch
2.05-3.05	Period 5 – Normal Lesson

The session with Jamie will last 1 hour 30 minutes and will be run on Zoom. When you sign up using the eventbrite link, you will be sent an invitation to join the zoom session in an email, places are unlimited. If students sign up, they will need an email address to complete the booking, those who do not know their email address will need to be signed up by parents/carers. To book a place use the following link <https://www.eventbrite.co.uk/e/135695148843>. Having completed the booking process myself today, I can confirm it is very easy.

After Tuesday, students will receive an online version of his book which is full of hints and tips on wellbeing, links are also available to receive a hard copy too. The book contains a QR code which

students (or parents/carers) can scan on their phones. This will then begin the programme, and they will be sent an email each week with four different two minute videos to work from.

In addition to this, a further five live sessions with different options on time of delivery will be run by Jamie to follow up the programme in February and March. These sessions are optional and we will be in touch in due course as more information is made available to the schools.

Thank you for your continued support.

Yours sincerely,

A handwritten signature in black ink that reads "A. Holland". The signature is written in a cursive style with a large, sweeping initial 'A'.

**Mr A Holland**  
**Assistant Headteacher**