



25<sup>th</sup> February 2021

Dear Parent or Carer and Sixth Form Student,

I wish to commend our Year 12 students on their fantastic attitude towards remote learning in recent weeks, and for their exceptional hard work and determination in continuing with their studies in an alternative format. I am exceptionally proud of each and every student, and look forward to welcoming everyone back in the coming weeks.

On Tuesday 2<sup>nd</sup> March, we have a scheduled PSHE lesson during period 2, which will replace their usual subject at this time. This is a compulsory session for students and, therefore, it is an expectation that students attend.

This term, particularly given the challenges many have faced over the past 12 months, we have chosen to have a focus on positive steps that we can all take to help boost our mood and mental health. Students will have a session with their tutors at the start of the lesson, before coming together as a whole year group to take part in a specially organised exercise and fitness session, demonstrating the huge impact that exercise can have on our lives.

Personal Trainer and Fitness Coach, Emily Wickham ([www.emilywickhamfitness.co.uk](http://www.emilywickhamfitness.co.uk)) will be running a session for our students. This session is aimed at all fitness levels and Emily is well versed in adapting exercises for those with long standing injuries or those who might need a little more support. Students will need to ensure that they have water available, a small space to exercise and an exercise mat if they have one. Students should also ensure that they are wearing appropriate clothing. I will notify students of how to access the class prior to the day.

Please may I ask that, if you do not want your child to take part in this fitness session, or if there are medical issues that we should be aware of, to please email me in advance at [a.maxwell@allhallows.net](mailto:a.maxwell@allhallows.net).

I would also like to take this opportunity to thank you for your continued support.

Yours faithfully,

Mrs A Maxwell  
Head of Year 12



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