

19 August 2021

Wellbeing Day

Dear Parents and Caregivers,

Thank you for your amazing support over the last six weeks of learning from home. The reality of the situation is beginning to set in, and we acknowledge that learning from home, over an extended time, can impact our mental health and wellbeing.

With this in mind, we have created a '**Wellbeing Hub**' for our students, parents, carers, and staff to access a range of helpful wellbeing strategies and resources. Check out the hub here: <https://sites.google.com/view/ypswellbeinghub/home?authuser=2>. In addition, Yarrawarra Public School will dedicate **Friday 27 August to Wellbeing Day**; a day where screentime is significantly reduced and students and their families can take a breath and re-set.

On this day, students can work through the Wellbeing Grid located in the Wellbeing Hub. Most activities can be completed with the materials you already have at home and with little preparation. Whilst the activities are optional, we do encourage families to familiarise themselves with the website as there are many resources that can provide support whilst working and learning from home.

Students who must attend school on this day will participate in a modified version of the activities, selected by the teacher who is onsite providing supervision.

Once again, we sincerely thank our YPS community for your ongoing support and hope you enjoy the activities on Wellbeing Day.

Take care, stay safe.

The Wellbeing Team

