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Wednesday 14th October 2020

Double Day – Thursday 22nd October and Friday 23rd October

Dear Parents and Carers,

Saturday 10th October was World Mental Health day so as a school, we have decided to focus our **first Double Day of the year around the theme of 'Mental Health and Well-Being'**.

Traditionally Double Days have been an opportunity for children to work with other classes and year groups as well as different members of staff. Unfortunately we won't be able to mix year groups this time as maintaining the integrity of our year group bubbles remains paramount. However we still have planned a fun and educational two days of activities which will take place in the children's own class with their own teacher.

Thursday 22nd October:

Thursday's activities start the Double Day by thinking about our own feelings and will reinforce the message that we all experience a range of feelings, from happiness to anger, anxiety or frustration. The children will be engaged in work that recognises that all of these feelings are perfectly normal, and we will look at strategies to manage them. The day will also focus on the importance of looking after our own well-being. As part of the day, we are going to have a little fun and have therefore sought the support of 'Ketsy the Magician' to deliver a magic show and workshop to each year group bubble. On the Thursday, please can the **children come dressed in 'magical mufti' (or normal mufti if they prefer) and each bring in a 2p coin** for a trick that they are going to be taught.

Friday 23rd October:

Friday will have a slight change of focus, where we look at the health and well-being of others and how we can contribute towards our wider community. As part of this day we will also be taking part in some well-being sporting activities to promote the idea of 'TEAMWORK' so **please can the children wear 'sporty mufti' on Friday**. For children in **Years 4, 5, and 6 their teachers have asked if they can bring in something that can act as a blindfold for one of their activities** eg. an eye mask or a piece of material to wrap around their heads or a winter scarf perhaps.

We are very much looking forward to working with the children on our first Double Day of the academic year, and hope that they come home keen to talk to you about the things they have done and the learning that has taken place.

Best wishes

Rachel Barker
Deputy Head Teacher & SENCO

