



Newtownhamilton High School

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Friday 5th February 2021

Dear Parent/Guardian

Re: Health, Well-Being & Internet Safety Day – Tuesday 9th February 2021

As a parent of 2 children and also through my constant communication with our pupils, parents and staff, I am fully aware of the challenges and pressures that everyone is facing during this period of remote learning. This is evidenced by the fact that the majority of people that I have spoken to have informed me that they would prefer to be back in school.

I have always stated that the most important thing for any Newtownhamilton High parent is that their child is happy at school, as a happy child will learn. The overwhelming majority of our pupils have worked hard during term 1 and also during this period of remote learning. **As a result, I believe that it would be beneficial for our pupils to have some 'down time' and so I have made a decision to collapse our Years 8-12 timetable for 1 day (namely Tuesday 9th February) so that all pupils can participate in our 'Health, Well-Being & Internet Safety Day'.**

Please note that this is not a day off school but rather pupils should follow the timetabled activities/events identified on the following page. Links to the relevant resources can be accessed via the 'Health, Well-Being & Internet Safety Day' page on the home page of our school website. Pupils are not required to submit any follow-up work but are encouraged to upload any appropriate photographs or videos to our Facebook page or email them to ICT Technician Mr Riddle (driddle732@c2kni.net).

Finally, this event will only be successful if your son/daughter participates and therefore I am asking you to encourage and support your child. Remote learning will resume again for all year groups on Wednesday 10th February.

Yours faithfully

Neil Megaw

Principal



‘Health, Well-Being & Internet Safety Day’ Timetable Tuesday 9th February 2021

Time	Activity	Links to Resources
09.00-09.45	Healthy Breakfast Enjoy a home-made healthy breakfast (using 1 of the 5 suggested menus) after a later start to the day.	All resources are available from the ‘Health, Well-Being & Internet Safety Day’ page on the home page of the school website.
09.45-10.15	Internet Safety Internet Safety Day 2021 (9th February) celebrates the amazing range of information and opportunities online, and its potential to connect and inform us. Click on the links to access important information about staying safe online.	
10.15-11.00	Exercise Options Physical Education should be an important pillar for the life of every pupil and adult. Core themes include good mobility and aerobic fitness. Click on the links to access relevant exercises.	
11.00-11.30	Break Healthy snack time – eg. apple, orange.	
11.30-12.15	Mindfulness Activities Pupils should use the linked activities as an opportunity to completely switch off and relax. Find a quiet place where you can spend some time alone, gathering your thoughts and connecting with your feelings and emotions.	
12.15-13.45	Healthy Lunch Make your own healthy lunch using 1 of the 5 menus provided or create your own healthy dish.	
13.45-14.45	Afternoon Well-Being Activities Pupils to select at least 1 of the following: <ul style="list-style-type: none">a) Art – Painting or Colour by Numbers App.b) Music – Create your own music playlist or take part in karaoke.c) Technology – Make something fun.d) Science – Ice experiment.e) Connecting with Others - Make a card for someone or bake them some buns or a cake.	

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