

Tuesday 2 February 2021

Dear Parents/Carers



**Beckfoot School**

Wagon Lane, Bingley, West Yorkshire BD16 1EE

Tel: 01274 771444

Email: [admin@beckfoot.org](mailto:admin@beckfoot.org)

[www.beckfoot.org](http://www.beckfoot.org)

Report Yr 7-11 absence by text: 07624 813492

Report Yr 7-11 absence by phone: 08442 393390

**Place2Be's Children's Mental Health Week – taking a break from our screens  
Friday 5 February 2021**

As you will be aware, this week is Children's Mental Health week and we have a whole host of events taking place from videos, to special Bulletins, to competitions. You can find out more here: <http://www.beckfoot.org/?p=18740> We want to ensure we are supporting our students' mental health and are therefore hosting Beckfoot's screen-free Friday, this Friday afternoon (Friday 5 February 2021).

As a school, we are always evaluating our support for students and staff and in current times that it is more important than ever. One of the things we are currently grappling with is the need to provide structure and learning for our students, whilst also considering the need to provide them with time away from their screens. The move to 50-minute lessons has been well-received, and we appreciate your feedback, but we recognise that this half-term has been unique in the demands it has placed on our students, and staff.

We want to fully embrace Children's Mental Health Week and therefore this Friday for periods 4 and 5 students will be set assignments with a week long timeline in order that on Friday afternoon students can take a break from their screens and build in this work at a time that is suitable for them. As many subjects as possible will be setting assignments that ask students to complete work away from their screens, whether this be reading, creating or exploring.

Although we will be back to 5 full days the following week, the half-term holiday will be in sight and we hope that this bespoke afternoon will be a great chance to have a screen rest. Should you like to share any photos of your #Beckfootscreenfreefriday for #childrensmentalhealthweek then please feel free to email them into [becnls@beckfoot.org](mailto:becnls@beckfoot.org) or even better, share them on twitter with us at @BeckfootSchool

May I also take this opportunity to remind you of our dedicated mental health and well-being webpage that is always available on our website. You can access it here: [http://www.beckfoot.org/?page\\_id=17944](http://www.beckfoot.org/?page_id=17944)

As always, thank you for your support and feedback.

Yours faithfully,

**Nikki Sullivan**  
Deputy Headteacher

**Headteacher:**  
Simon Wade  
**Chair of Academy Trustees:**  
John Winkley

**Beckfoot**  
Trust

