



Whitstable Junior School

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Friday 15th January 2021

Dear Parents and Carers,

As mentioned in my letter last week we would like to invite the children to join The Nest Google Classroom. There are instruction attached that show you how to add this new classroom, these are very straightforward.

The Nest class code is: **lkccer5**

Here, the children will find resources to support their well-being, including brain break suggestions, positive quotes, well-being activities to complete and exercises to help with feeling calm during this difficult time.

We will also be offering a chance for children to virtually meet up with Shannon from the Well-Being Team and possibly Leanne (if she is not busy supporting children in school). Here they can have the same kind of catch-up and chat they may have had with Shannon on the playground. The protocols for taking part in the Live Nest Sessions remain the same and the parent/carer must be there when your child enters the sessions and remain within the family room. This is not a session for children to share private issues as it is a group session.

Below is the timetable for next week. This may change once we have run these sessions for a week depending on the numbers accessing the sessions. Children will find the link to the session in their own Google Classroom.

When children can access The Nest	
	11:10--11:20
Monday	Year 3
Tuesday	Year 4
Wednesday	Year 5
Thursday	Year 6

We hope that this helps children to continue feeling supported by and connected to our school community.

Warm wishes,
Annie Knoupe
Headteacher

