



Well-being and Lockdown League Final week



To our students and community,

We are pleased to launch our well-being week, which has coincided with our successful journey to the final of Northamptonshire's Lockdown League!

Our community's commitment and togetherness during school closures has been inspiring, with outstanding engagement to learning and staying active at the same time.

This week the Academy is going to finish the term on Friday with a 'no screen day', with educational tasks and projects to be accessed away from a laptops and devices – you will all soon be notified of the details and schedule.

In the lead up to Friday we are keen to continue with our well-being support, as well as have a community spirited push towards a hopefully successful challenge for the title! Teachers will be encouraging students to participate in 5 minutes of activity at the start or end of lessons, which should then be logged on the Northamptonshire Sport portal, please see below the link:

[Lockdown League | Northamptonshire Sport](#) (the section to log your minutes is at the bottom end of the page).

Students will have suggested activities or they can follow their own choices. Activities will not just be based around basic fitness, they will also include other well-being activities to help balance the needs of the current pandemic.

There will also be a range of options to support students to participate in activities for more extended periods of time after 3.00 p.m. each day or at the weekend - look out for the Physical Education department's notifications.

We look forward to everyone's engagement and hope the week supports everyone in these testing times.