

INTRODUCING 'WELLBEING WEDNESDAYS' FOR YEARS 3 AND 4

Overall, we are very pleased and impressed with how boys in Years 3 and 4 at Bedford Prep School have been coping with remote learning. However, long days of screen-time present challenges, especially for the school's youngest boys, so pupil wellbeing is at the forefront of our minds even more than normal. In response to both parental feedback and our own observations of how things are going, we are going to introduce, starting this coming Wednesday, 10th February, what we are calling 'Wellbeing Wednesdays' for Years 3 and 4. This will be for the remainder of the time that we are in remote learning.

Features of 'Wellbeing Wednesdays'

- Periods 5 and 6 (1.30pm to 2.45pm) on Wednesday afternoons will not involve live lessons taught online by teachers.
- Instead, the boys will be encouraged to use that time independently in whatever wellbeing-friendly ways that their families see fit. This might include reading, musical instrument practice, participation in some of the school's enrichment and extra-curricular clubs and activities, family walks, family games, or just general rest and relaxation. Ideally it will be away from a computer screen, though different things relax different people.
- For boys and families that desire a bit more structure and guidance, or where parents are particularly busy so would struggle to supervise their sons during these times, the school will provide a grid of recommended activities that boys should be able to get on with independently (this grid will be provided at the start of the coming week).
- Boys onsite at school as part of our Key Workers' provision will be supported during this time by their onsite supervisors.
- Teachers have reviewed their Schemes of Work and are confident that, with a bit of shuffling around of lessons in the weekly timetable, no academic learning for any subjects will suffer as a result of the extra time being dedicated to wellbeing.
- Periods 7 and 8 (3pm to 4.10pm) on Wednesdays will be taught as normal.

Why Wednesdays?

- Boys in Years 3 and 4 get some relative 'downtime' away from screens for Games on Tuesday and Thursday afternoons. Likewise, there is 'Golden Time' on Friday afternoons.
- A break from live, formal lessons on Wednesday afternoons offers a good chance to boys for a pause midway through the working week.
- Boys in Years 5 to 8 have Games all afternoon on Wednesdays, so families with sons across the age range may be able to make more of that time together.

We hope that the 'Wellbeing Wednesdays' initiative will be welcomed by families of boys in Years 3 and 4. We have aimed to promote wellbeing without sacrificing academic rigour, and we hope that we are simultaneously providing freedom and flexibility to those who welcome this and structure and support to those who need that.