



THE LONDON NAUTICAL SCHOOL

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3rd February 2021

Dear Parent/Guardian,

On Friday 5th February 2021 we are holding our Screen Free Challenge day. We are asking all staff and students to step away from their screens for the day and instead take part in other activities that will enhance their wellbeing, improve their physical and mental development and give them the opportunity to try something new.

Each department has put together one or two activities that they think will support or enhance skills needed to thrive in their subject. We are challenging students to try ten of these throughout the day on Friday.

Attached are two sheets of these activities. One aimed at Key Stage 3, and another at Key Stages 4 and 5. Please take photos of your sons/daughters as they try each activity and encourage them to keep a journal of their day. We would love it if these are then shared with their Head of Year via email.

There are rewards available for the best engagement;

Head of Year 7:	Ms. Critchley	(kcritchley@lns.org.uk)
Head of Year 8:	Mr. Simpson	(csimpson@lns.org.uk)
Head of Year 9:	Mr. Powell	(jpowell@lns.org.uk)
Head of Year 10:	Mr. Cripps	(rcripps@lns.org.uk)
Head of Year 11:	Mr. Bradstreet	(jbradstreet@lns.org.uk)
Head of 6 th form:	Ms. Grant/Mr. Goldsmith	(kgrant@lns.org.uk) , jgoldsmith@lns.org.uk

No laptop ~ No tablet ~ No phone ~ No console **Are you up for the challenge?**

Yours Faithfully,

Ms. Simmonds
Assistant Headteacher