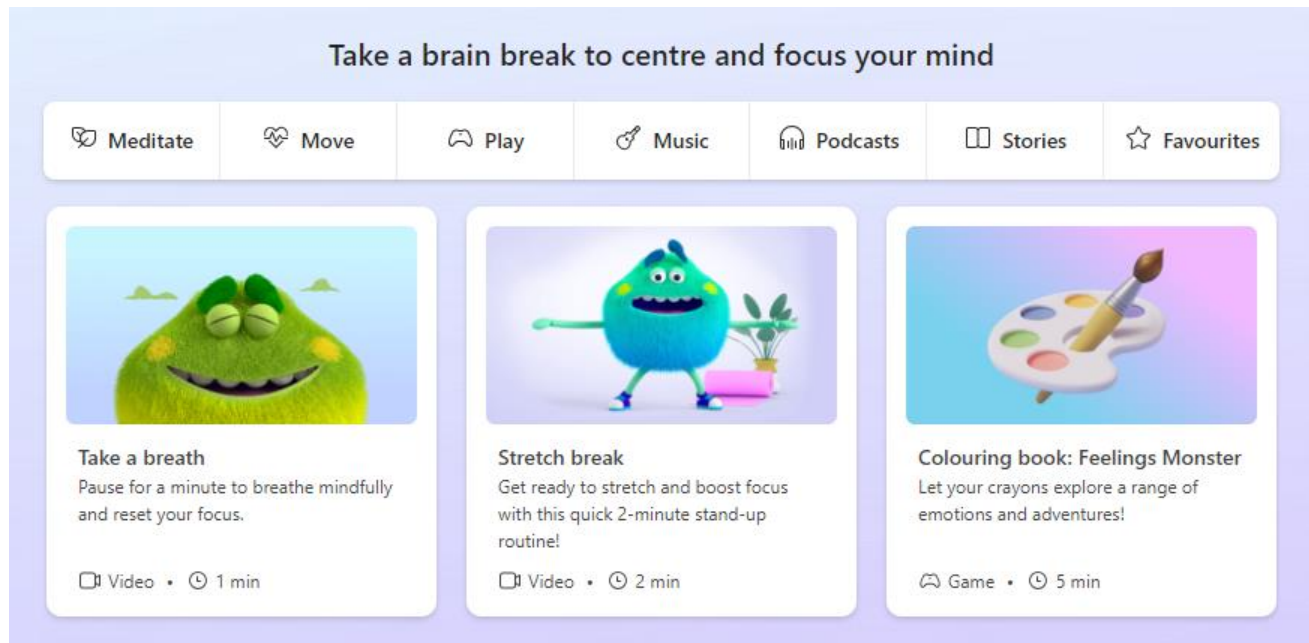


## Wellbeing in Office 365



As we move closer the Autumn Term, in computer science we have been using Microsoft Teams with pupils in Key Stage 3 to ensure they are familiar with the tools available.

One of the features of the Teams classroom site is the Reflect option. This allows staff to ask how pupils feel about different topics or tests and can give really useful feedback for future planning.

The other features of Reflect include a simple mindfulness tasks which can allow pupils a few minutes to relax and re-centre. This is especially useful when a pupil is feeling anxious or just needs some quiet time out.

Your child has access to this facility in any of their class Teams.

Mrs Karen Titman