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**THE HART  
SCHOOL**  
*Creative  
Education  
Trust*

NLE/SPO  
13 May 2020

Dear Parents and Carers

### **Virtual Life & Soul Day – Monday 18 May 2020**

At The Hart School we work to develop the whole child. Each term we organise a Life & Soul Day to develop our students in ways that go beyond the normal curriculum. As we continue to work remotely, we would still like to offer our students this experience.

On Monday 18 May 2020, students will spend the day completing activities around the Maslow Hierarchy of Needs. These activities are designed to allow students to reflect and improve their mental well-being, something we feel is particularly relevant during this time.

To access the day, students will go on via the remote learning section on the school's website or onto ClassCharts where the task is set as homework by their Head of Year. The tasks will be set as a menu of options for each hour and students will select one or more tasks to complete. The links on the sheet will take students to different sections and there is a reflection grid to fill in at the end of the day.

Once each task is complete, we encourage students to upload this to ClassCharts to share with their Head of Year and form tutor. This way, we will be able to see and celebrate the fantastic work produced by your child. There are also tasks that can be completed as a family!

If you would like to give any feedback on this day then we would welcome this. Please email [enquiries@hartschool.org.uk](mailto:enquiries@hartschool.org.uk) with the subject title "Pastoral". We can then use this information to shape future practice.

Stay safe and take care.

Yours sincerely

**Mr N Lewis**  
Assistant Principal - Behaviour