



Dear Parents,

This coming Wednesday 25 August will be our second 'Refresh! Day'. This Refresh! Day is designed to support our school community in their wellbeing. Therefore we will all be taking a break from remote learning to attend to our wellbeing.

We are encouraging students and families to get off their devices and screens as much as possible. We know that online learning has provided some great opportunities that were previously unavailable and yet we want to balance this with the need to have time out from screens. Studies have shown that cutting down on screen time has a positive effect in several areas. Some of these include student physical wellbeing, social interactions, and academic performance.

We understand that for parents working from home, a less structured day without online learning may be difficult. The [Refresh! flyer](#) has a number of ideas that will help families benefit from the day. We'd love to see how you spent the Refresh! Day. You might like to take a photo of what you did and email it to [communication@shirechristian.nsw.edu.au](mailto:communication@shirechristian.nsw.edu.au), for possible use in the newsletter or on our school social media.

Year 12 will continue with the online assessment task as scheduled.

Supervision for students at school will continue on this day, for those who have a need to send their child.

We encourage our parents to plan ahead for this day to best suit the family's needs and interests and to make the most of it. We trust that you and your family will enjoy taking a break and feel refreshed.

Kind regards,

Mr Paul Carter  
Head of Junior School

Mr Peter Richardson  
Acting Head of Secondary School