



25 November 2021

Dear Parents/Carers,

As you are aware, your child is almost half way through their Autumn mock exam period now and looking after their wellbeing has never been more important.

PiXL Endurance resources focus on different elements of resilience and stamina and are designed to:

- give students a break from long periods of sitting revising
- focus on health and physical well being - the better your brain functions the more physically fit and well you are
- comprise exercises all appropriate for young people with any level of fitness and can be done anywhere, without the need for equipment, focusing on strengthening muscles that will suffer during prolonged periods of sitting
- contains recipes to try out

These can be accessed by using the following details:

<https://students.pixl.org.uk>

PiXL School Number: 308404

Password: Indep49

It would be great if you could use these resources with your child. We will also be incorporating these into the tutor time programme in the new year.

Yours sincerely,

Miss Taz Johal

Assistant Headteacher