



Head Teacher Weekly Update 14 May 2020



Following the government announcement on Sunday evening regarding the partial re-opening of schools for selected groups on 1 June 2020, we have been working closely with the local authority and other organisations to find out how this will be achieved. The guidance on this can be found on the link below.

<https://www.gov.uk/government/publications/actions-for-educational-and-childcare-settings-to-prepare-for-wider-opening-from-1-june-2020>

The government have targeted year 10 students to have face to face meetings with teachers after 1 June 2020 to support their remote learning. We are currently looking at a variety of options to ensure that we reopen in a safe and secure manner and also respond to students and parents' concerns. All information regarding any reopening will be given to our families as early as possible.

In the meantime, we hope that all students are continuing to work effectively from home. We appreciate that this is difficult, but we aim to continue to support you in any way we can. The work that was originally set was designed to support home learning for about 6 weeks, so this should be coming to an end soon.

Our staff are working effectively behind the scenes to ensure that good quality work is set for all year groups up until the end of the summer term. Details of our new work packs and remote learning plans will be included in next week's newsletter. If any parent/guardian has any issues with collecting or accessing work that has been set online, please can you respond via email as normal.

Our school has remained open for all key worker children and students who are classed as vulnerable and numbers have steadily grown over the past few weeks. We are happy to support in any way we can, but can we request that unless you fall into either of the above categories then your child/children should not attend school. We are strictly following government guidance and ensuring that all staff, students and parents are safe in these difficult times.

Many thanks for all your help and support - please stay safe and follow the lockdown guidance.

Mr I Noble
Head Teacher



Kooth

Mental Health Awareness Week 2020

18th May - 24th May



5 STEPS TO WELLBEING



This year's Mental Health Awareness week theme is **"kindness"**. This is a week where we can celebrate acts of kindness we have experienced during this difficult time and appreciate how kindness strengthens relationships and is the foundation of our mental health.

Mental health is part of our overall health. It's about: how we feel, think, and behave; how we cope with the ups and downs of everyday life; how we feel about ourselves and our life; how we see ourselves and our future; how stress affects us; how we deal with negative things that happen in our life; our self-esteem or confidence.

It's ok to have bad days, it's natural, and on these difficult days [Kooth.com](http://www.Kooth.com) is there to help!

Try these 5 activities today!

- 1 SIGN UP ONLINE
- 2 EXPLORE
- 3 GET CREATIVE
- 4 GOALS
- 5 BE KIND

1 SIGN-UP ONLINE

We know that this is a scary time, there is a lot of uncertainty, but Kooth has your back! Through Kooth you can access free, safe, anonymous, online wellbeing support. You can talk to a counsellor 365 days a year from the comfort of your own home via text (on Monday's to Friday our counsellors are available from 12:00 noon - 10:00pm and on weekends 6:00pm-10:00pm). Alternatively, if you don't feel ready to talk to a counsellor, you can read and contribute to articles and forums on the website. We also have lots of factual information on Corona Virus.

To sign-up today, go to www.Kooth.com then...

“Using Kooth really helped to feel like a weight has been lifted”
Harry, 17

- 1 Click on the **Join Kooth** button located in the centre of the home page of the Kooth website
- 2 Choose from the drop down box the location you are in
The place I live in...
- 3 Click on the gender you identify with I am...

Male	Female
Agender	Gender Fluid
- 4 Choose from the drop down box the ethnicity that best fits you
My ethnicity is...

5 Add the month and year you were born

My Age

The month I was born in

Choose

Choose

6 Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7 Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

8 Click on the **Create Account** button to complete your registration



GET CREATIVE 3

Ever wondered what an Ed Sheeran's "Shape of you", or Stormzy's "Vossy Bop" would look like if it were a picture? Why not find out!? Take part in the Kooth [Draw a song challenge](#) today!

Log on ANONYMOUSLY through any device! Mobile, laptop and tablet!

What does "Anonymous" mean? It means that we won't ask for your name, email address, house address or any other personal information when you sign up; we want you to feel completely comfortable when you use Kooth.

2 EXPLORE

Great! Now that you've signed up to [Kooth.com](#), check out some of our articles on Kindness.



Find out how Sophie Turner's (Sansa Stark in Game of Thrones, Jean Grey in X-Men) best friend supported her when she experienced mental health challenges by reading this Kooth article on [giving a helping hand to the people in your lives](#).



Want to Learn how to be a good listener? Check out this Kooth article which has lots of [top tips on how to be a good listener!](#)



Be kind to yourself! Find out how you can take care of your body by checking out this article on [how to maintain a balanced diet](#)



GOALS 4



Goals give you direction and destination, they help you clarify what is important in your life. Take some time to reflect on what you want to achieve this week, this month, and this year and set your goals on Kooth today!

Check out this article, to find out [how to set a goal on Kooth!](#)

BE KIND 5

Try our **Kooth Kindness challenge!** We want you to do one nice thing for someone, it can also be yourself! It can be anything, but here are some ideas:

- 1) Offer to do the shopping.
- 2) Pay a few compliments.
- 3) Smile more often.
- 4) Express your gratitude.
- 5) Send a sad friend a funny video.



“ Try to be a rainbow in someone else's cloud ”

Maya Angelou

When you need to talk to someone who will understand you, when you are looking for advice to help a friend or family member, [Kooth.com](#) is here for you.

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

On Kooth.com you can...



An illustration of a person with dark hair, wearing a yellow long-sleeved shirt and a blue patterned vest. They are surrounded by various colorful flowers in shades of orange, pink, and blue. The background is a mix of teal and yellow.

kooth

Your online mental
wellbeing **community**

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Sign up for free at **Kooth.com**