



Head Teacher Newsletter

29 January 2021

Dear Parent/Carer

The government have announced that schools will not re-open until at least Monday 8 March 2021. Further details will be given during the week commencing Monday 22 February 2021, when data has been analysed regarding the safe return of students. We will continue with our remote learning plan after half term and continue to update all of our parents of any new or further information.

I can confirm that Baldon School will be closed to all staff and students the week commencing Monday 15 February 2021, which is our February half term week. This will give everyone, including parents, a well deserved rest and students will not be expected to complete any work during the week. Remote learning will re-commence on Monday 22 February 2021, when the new term begins.

The school has obtained another 90 laptops through the DFE laptop scheme and we are distributing those laptops to our students in the next few days. Parents will be given a text with the information regarding pick up to ensure social distancing occurs. Please contact the school if any parents require any ICT support and we will endeavour to meet your needs and requirements.

Our live learning has started this week and we are really enjoying the contact with the Year 10 and 11 students. Our expectations are exactly the same with live learning as they would be in our normal classes. Please ensure that all students follow our live learning guidance at all times.

Support and Thanks for Students, Parents/Carers

"Keep on going – you are doing great!!"

As we reach the end of week 4 of this term, we wish to extend our praise and thanks to you all for getting through this time. The positive feedback we have had from parents/carers has been such a boost for our staff, we really appreciate it. We reciprocate these well wishes by extending our gratitude to you, both for your support with homeschooling and making sure that your children are making all the progress they can.

Everyone has different circumstances and we understand that the pressure can be quite intense at times. Please use Show My Homework to communicate with teachers and you will certainly be supported, reassured and guided. Many of our staff are juggling homeschooling with full-time work; ensuring lessons are set and work is marked, calls are made. We are all in this together and can completely empathise with what our families are going through currently.

We wanted to use this newsletter to remind students, parents/carers and our staff who read this, about the importance of looking after yourselves and families during the next few weeks. It is hard to fit everything in, make sure you take time for yourself.

Get outside for exercise once a day - If this is a walk, run, bike ride. Even when the weather isn't great, do your best to motivate yourself to get out into the fresh air. Exercising indoors is also highly recommended and can make you feel great.

Drink water – 6-8 glasses a day can make you feel amazing.

Limit your time on social media – If you are old enough to have an account!

Do not believe the hype- ****Unfollow accounts that make you feel that you aren't enough! **Stop playing the numbers game – likes/follows do not validate the amazing human that you are, you are amazing without all this!-**Invest in your life offline – do things that don't involve you having your phone in your hand/nearby, social media detox is a favourable thing to do. **Follow people who can give you advice and guidance that is helpful for your wellbeing.**Change your feed to make you feel good about yourself and to educate yourself.**

Talk to others – make sure that you can communicate with others as often as you can, share things that you are doing to keep going.

Use KOOTH – a great service which South Tyneside Council bought to enhance the mental well-being of young people. There are blogs, games, articles, access to counsellors. Many of our students have used this and find it beneficial, especially when you might feel like chatting and aren't in school with friends to lighten your load.

Positive thoughts each day – think of three things that you are thankful for each day. You don't have to be too deep. It could be as simple as toast for breakfast, a walk, your best friend!

Take time to breathe – it may seem obvious as we have to breathe, but conscious breathing can reset the mind and really help relieve stress. 10 deep, conscious breaths can be incredibly beneficial.

Listen to music/ podcasts - to ensure complete distraction from things that cause us stress.

We have always promoted use of the "Headspace" app and they also now have a programme on Netflix to support well-being. It has a series of free mindful activities.

It is a difficult time but moving forward as positively as we can is essential. The news, despite being mainly factual, can cause anxiety and worry. Please be reassured that we have strong, optimistic staff who work relentlessly to ensure that our students are well looked after. We will ensure that students are as safe as they can be and moving positively forward with their education.

Next week's newsletter will focus on next steps for Year 11 students and offer guidance and support for them. Please look out for that as we have a team working on delivering the most effective guidance.

Ian Noble
Head Teacher



Prevention Through Education

Spring 2021
Issue 2

Please visit our webpage - Click [here](#)

You can find supportive materials which link with the PSHE curriculum. This support can be in the form of downloadable resources such as a Risky Behaviours booklet (Y3-4) (Y5-6) PSHE Link: KS2 Keeping Safe or in school group deliveries from our Safeguarding Community Advisors who can cover topics such as County Lines, Organised Crime, Gangs and Knife Crime aimed at pupils within KS 3, 4, and 5. PSHE Link: KS3 & 4 Financial Choices, Social Influences, Bullying Abuse & Discrimination. Unfortunately we are unable to attend schools due to Covid however we are still producing materials you can use which we will be adding to our webpage.

SafetyWorks! update: January 2021

Unfortunately, due to the current covid restrictions, the SafetyWorks! facility is closed until further notice.

Feb 1st - 7th – Children's Mental Health Week

This year's theme is "Express Yourself".

Free resources can be found and adapted for use in school, for home-schooling, online lessons or independent learning.

<https://www.childrensmentalhealthweek.org.uk/>

The DfE have also published [guidance for parents and carers on supporting children and young people's mental health and wellbeing during and following the Covid-19 pandemic](#). It includes some very useful hints and tips for supporting children and young people. The updated KCSIE 2020 includes children's mental health in the definition of safeguarding, and mental health should be recognised as a safeguarding issue. Please click [here](#) for access to the guidance.

Feb 9th – Safer Internet Day

LOOK AT ME – TEENS, SEXTING AND RISKS REPORT

Internet Matters have published a new report that looks at young people's thoughts and experiences of sharing self-generated explicit images, videos or live streams and also the risks associated with doing so. This briefing paper, part of a series from The Cybersurvey, details who shares nudes and why.

For some teens, technology enables and facilitates relationships without harm, but others suffer intensely. This complexity is a challenge when teaching online safety.

It should be taught alongside healthy relationships and issues of consent. Emotional health needs drive some teens to overshare, posting images of all types as they seek to be liked, admired or to escape from loneliness. Others tend to take risks online. Sadly, for both, oversharing and signs of neediness are quickly exploited by others.

Key messages from the study include:

- Sexting is not widespread among all teens but is worryingly prevalent among those who are already vulnerable offline in other ways.
- Among those who shared nudes, 18% were pressured or blackmailed into it.
- Some young people who share nudes because they want to within a relationship, do it for fun, or because they thought they looked good.
- Less than 1/3 of those who share nudes follow the online safety advice they were taught, while 14% say they did not receive it.

You can find the report here: <https://www.internetmatters.org/about-us/sexting-report-look-at-me/>

Safer Internet Day 2021 Top Tips for ages 3-7, ages 7-11, ages 11-18, and Parents and Carers:

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/safer-internet-day-2021-top-tips>

18th March CSE Awareness Day STOPCSE

On the 18th March we support the campaign against child sexual exploitation. We aim to help highlight the issues surrounding CSE, encouraging everyone to think, spot and speak out against abuse and adopt a zero tolerance to adults developing inappropriate relationships with children. For useful support and advice use this link. <https://www.stop-cse.org/>

Your Safeguarding Schools Coordinators are:

Miriam Harper
Northumberland, North Tyneside, South Tyneside

Ian Wilkinson
Newcastle, Gateshead, Sunderland

They can be contacted at school.liaison@northumbria.pnn.police.uk