



Weekly Communication to Parents/Carers | 25 March 2020

Dear Parents/Carers

Here are the latest school messages and updates for your information plus details of any letters sent home during the last week.

HEADTEACHER'S UPDATE

Dear Parents/Carers

Thank you for all your kind words and support during this difficult time. Thank you to all those involved in the front line and thank you for keeping children safe at home where possible. We continue to support each other. In a time of great uncertainty, I ask us to reflect on our first week in isolation carefully and offer this piece of reflection which I read online.

'You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments and book reports. You'll limit technology until everything is done! But here's one thing...

Our kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off school sounds awesome, they are probably picturing a fun time like the summer hols, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks you will see an increase in behaviour issues with your kids. Whether it's anxiety, or anger, or protest that they can't do things normally - it'll happen. You'll see more meltdowns, tantrums and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be OK. And that might mean that you tear up your perfect schedule and love your kids a bit more. Bake cookies and paint/draw pictures. Play board games and watch movies. Start a book and read together as a family. Snuggle up under warm blankets and do nothing.

Don't worry about them regressing in school. Every single kid is in this boat and they will all be OK. Don't pick fights with your kids because they don't want to do maths. Don't scream at your kids for not following your schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did. So keep that in mind, every single day.'

To support us I have shared some useful links which will help us discuss the Coronavirus in a structured and informed way - I hope you find some of them useful.

Why not try the 30 day plank challenge and start your day with Joe Wicks at 9am to get your blood pumping and the challenge started.

Justin Humphreys
Headteacher

Looking after our wellbeing - some useful sites

- Very useful starting point - <https://mailchi.mp/bigpond/when-that-which-isolates-us-unites-us-strengthening-kids-teens-and-ourselves-in-the-time-of-corona-1016402?e=7c131e6b43>
- A BBC news page with advice for parents with some useful information about supporting children's mental health - <https://www.bbc.co.uk/news/uk-politics-51959957>
- 3P Psychologies is a website from America which advises how parents can support and survive children while self-isolating. Several fun projects, as well as sound advice about children's anxiety: <https://3pppsychologies.com/2020/03/13/resources-48-covid-19-survival-tips-for-parents-10-activities-for-home/>
- Young Minds have also produced resources for parents that support children's anxiety around Covid 19 <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Another American website, the Centre for Disease Control and Protection, has an excellent web page on managing anxiety and stress with some specific advice for parents of children who may be experiencing stress. https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=http%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F
- PDF Document. The British Psychological Society have produced advice for parents about how to talk to children around coronavirus <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf>
- From Hey Sigmund. This is an excellent website for parents/carers containing the latest psychological news and research. The following two pages focus on understanding children's anxiety around traumatic events and a guide to parents about how developing children experience anxiety and fear. <https://www.heysigmund.com/anxiety-in-children-after-world-trauma/>
<https://www.heysigmund.com/age-by-age-guide-to-fears>
- Talking about world trauma with kids- another great article from Hey Sigmund <https://www.heysigmund.com/how-to-talk-to-kids-and-teens-about-world-trauma/>
- The Royal College of psychiatry has an excellent web page for parents and carers on childhood anxiety <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>

MESSAGES

Mrs Crocker	Online Safety	Our students will certainly be spending more time online during this extended time away from school. This will include academic work of course but it seems likely that our students will have the opportunity to spend more time on social media and gaming sites.
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		There are superb resources, tips and advice available or parents on the UK Safer Internet Centre that allow parents to be well informed and therefore equipped to keep our children safe online.
Mrs Ball	Foodbank	We have referral forms for both the North Bristol and Clevedon District food bank that we can use to get help for families facing financial hardship. If you are worried about the additional pressure school closure will place on your family and would like to access this support, please email ballj@skdrive.org and we will do what we can to help.
School	All	If you have any queries during the school closure please email school@skdrive.org
School	All	We are currently updating our pupil data records and will be asking parents/carers each week to complete a data capture sheet to enable us to do this. This week we would like Year 8 parents/carers to complete the online Pupil Data Capture Form. Many thanks for your support with this.
School	All Years	Further updates to our guidance for learning from home can be found here. This will be updated regularly with new items highlighted in yellow and shared every week via this communication.
Ms Robinson	Student Website All Years	A reminder for students to make the most of this website created for them. It is an online community where students can find support, tips on how to stay healthy, house competitions, reading ideas and much more.
Ms Wyld	All Years	Reading resource list If you are looking for some great reads during this extended time at home why not take a look through these highly recommended titles on the website
Mr Colebourne	Year 11 & Year 13	Careers Advice Students can continue to access careers advice and guidance even though the school site is closed. If students do not yet have a firm destination for September or require general careers advice, please email hayerr@skdrive.org who will be in touch to arrange a telephone appointment.
Mr Francis Black	Year 8	This week we were due to issue Year 8 Progress Checks and meet with parents/carers. Whilst the progress evening will no longer go ahead we will continue to explore ways in which we can distribute the progress checks.
Ms Wyld	Years 7 & 8	While students are away from school, it is now possible to take book quizzes at home. Please use this link to access the site - and use your normal AR login details. If you are having any difficulty logging in please let me know and I will do my best to help. Don't forget, the book you quiz needs to be in your range!
Mr Hodgson	Bronze/Silver DofE	Due to the uncertainty of the current situation, I have decided to postpone the training and expeditions that were scheduled for the Duke of Edinburgh award. The programme will still continue, and where possible and safe to do so, I would encourage participants to continue working on their skill sections. Opportunities may arise to offer help within your community, which would certainly contribute



		to volunteering, but again please ensure that it is safe to do so and within the government's latest measures.
Mr Colebourne	X5A Charlton Coaches	We are aware that Charlton Coaches have communicated with their families this week advising parents to cancel their standing orders for April. They will continue to monitor the situation and share further information should the school not reopen by 20 April 2020.

LETTERS THIS WEEK- click [here](#) to see all letters from this academic year

All	Update 23 March 2020 - Year 11 and 13 Examination Grades 2020
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