

# Weekly Bulletin for Families

## Message from the Head of School

As we move to Remote Learning once again, I wanted to write to you all with some information on tutoring and useful advice about where to find help and support over the coming weeks. The uncertainty over the Covid-19 pandemic and external examinations will naturally create anxiety amongst our student body. Some of our students live with mental health problems and it is possible that this second extended absence from routine and support could exacerbate these or create new ones.



Mrs L Girling  
Head of School

### Tutoring

Our aim is to provide the following:

- A full 'live' tutor session each week
- A drop-in tutor session each week where students can speak with their tutor if they wish

On top of this, students and parents can speak with their pastoral leaders (pastoral support assistants, Assistant Heads of School) for further support through the usual channels.

Our experience of Remote Learning the first time around suggested that when asked by tutors how they were doing, students mostly shrugged them off and replied with phrases such as 'fine, thanks'. In most cases this was because they were indeed fine, but in others they were hiding anxiety, which then only built and built. If you feel your child is in need of support then I would urge you to ensure that you establish an open dialogue with their tutor so that joint support can be maximised.

### So how can we protect our mental health?

The BBC have written (from March 2020) an excellent article on this very topic, listing useful advice and offering clear explanations for how our mental health can be supported.

<https://www.bbc.co.uk/news/health-51873799>

In brief, advice from various charities and the World Health Organisation suggests:

- Limit the news – don't spend hours consuming mostly negative headlines/stories
- Have breaks from social media
- Stay connected with people
- Avoid burnout – take breaks, exercise where possible, eat well and stay hydrated

### Mind

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

The 'mind' website contains an incredible amount of advice and information on a whole range of mental health issues. They have helplines and a live chat service through their website.

### Suffolk Mind

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

## Message from the Head of School (Cont.)

### **'Kooth'**

<https://kooth.com/>

'Kooth' was commissioned by NHS Ipswich and East Suffolk and NHS West Suffolk Clinical Groups, and Public Health Suffolk. Kooth is a BACP (British Association for Counselling and Psychotherapy) accredited service and may be able to help you and your child with relationships, bullying, eating disorders, self-harm, and general health. There are online counsellors and the opportunity for anonymous discussions.

### **BBC Newsround**

<https://www.bbc.co.uk/newsround>

The BBC Newsround site has a comprehensive section on coronavirus and mental health with text and video guidance focusing on tips and advice.

### **4YP**

<https://www.4yp.org.uk/>

Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25.

### **BEAT**

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

Beat is the UK's eating disorder charity. They exist to end the pain and suffering caused by eating disorders. They are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

### **The Source**

[www.thesource.me.uk](http://www.thesource.me.uk)

Advice and local services for young people in Suffolk.

### **National Autistic Society**

<https://www.autism.org.uk/advice-and-guidance/topics/coronavirus>

The NAS has the latest guidance, updates and resources on coronavirus for autistic people, their families and professionals.

### **Other websites**

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

<http://www.youngminds.org.uk/>

<https://www.samaritans.org/>

Our School is one which is focused on kindness and community and I hope that through uncertain times these qualities will shine through. The pastoral staff will continue to offer advice and I would encourage you to keep an open dialogue with your relevant pastoral leader if your child is already receiving support in School. Similarly, if you become concerned about your child please do get in touch and we will do our best to help where we can.

**Mrs L Girling, Head of School**

# Access Google Classroom

with your phone, your Xbox or your Playstation!

Now that our schools have closed until Half Term and we have converted to remote learning, you might be wondering how you can access Google Classroom; especially in one computer households or for students without devices. Well, accessing Classroom is easier than you think!

## Google Classroom App

The easiest way to access Google Classroom without a computer is by using the Classroom App on a phone or a tablet.

- [Click here](#) for the app on the App Store and [here](#) for Google Play
- Once the app has been downloaded to a phone or tablet, you can login with your school accounts and will find an interface that feels very similar to the one they find at school.

They can click on:

- any assignment,
- interact with the content,
- watch any videos we have posted (did you know that you can record videos directly into Classroom by using the camera on your phone while you are using the app?)
- create Slides and Docs right on your phones!

## Xbox and Playstation

Classroom can be opened on Xbox and Playstation. There isn't an app that the students can add to their consoles. Instead, they are going to have to use the built-in browsers that come on the two devices. On Xbox, it is Microsoft Edge. On Playstation, it is the "www" browser. You will probably know how to find the browsers on your consoles, but if not, each one has a search function you can access on the home screen.

Once the browser has been opened:

1. Type in [classroom.google.com](https://classroom.google.com) in the URL bar.
2. A prompt for a Google account will appear.
3. Type in your school district email and password – it doesn't end in [google.com](https://www.google.com) and that is ok!
4. The Classroom home screen will open up.

If you have a keyboard you can plug in, you will have a much easier time of navigation. Otherwise, you will have to use your controllers to click on the classroom tiles, open up assignments and type.

As we all struggle with ways to meet the needs of our learners, I just thought it would be valuable to know that there are multiple options for them as they access our school content.

# Fake Text re - Covid-19 Test

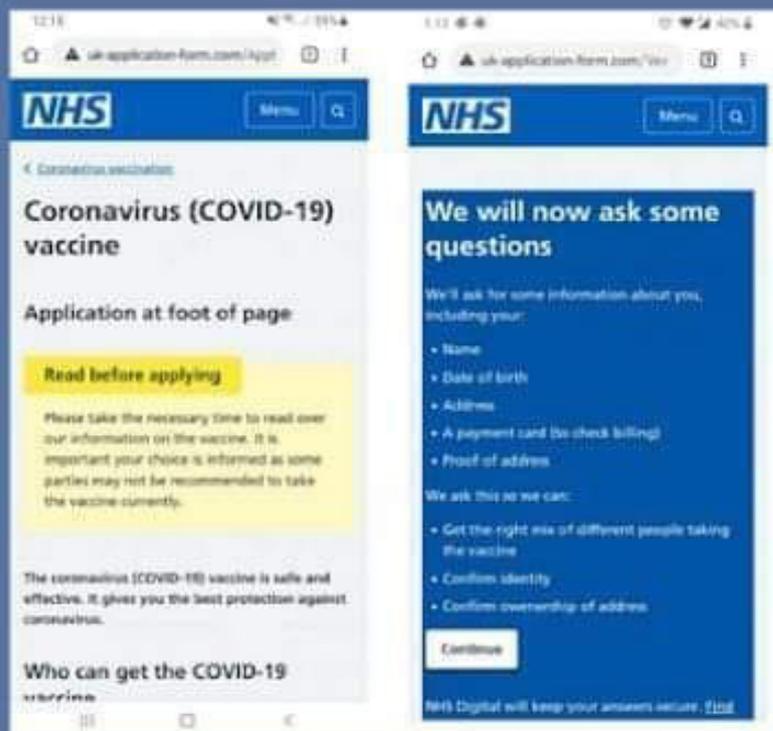
A dangerous fake NHS text has been circulating, telling people they're eligible to apply for the COVID-19 vaccine. Here's what it looks like.

*This URL takes you through to an extremely convincing fake NHS website that asks for your personal details*

Wednesday, 30 December 2020

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NHS: We have identified that your are eligible to apply for your vaccine. For more information and to apply, follow here : [uk-application-form.com](http://uk-application-form.com)



## NEVER give out your personal details.

With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to continue as fraudsters look to take advantage of the rollout to so many people.

Cold calls regarding the vaccine are also beginning to take place – we've already had reports of scammers asking people to pay for it over the phone. If you receive one of these calls, hang up.

**Protect others by reporting incidents like this.** If you, or anyone you know, have been affected by this fraud or any other scam, report it to **Action Fraud** by calling **0300 123 2040** or visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk)



# Dates For Your Diary

## Year 7

**Tuesday 30 March:** Progress Checkpoint 3 - reports sent home

**Monday 10 - Friday 14 May:** KS3 examinations

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Year 8

**Tuesday 30 March:** Progress Checkpoint 3 - reports sent home

**Thursday 29 April:** Progress Evening

**Monday 10 - Friday 14 May:** KS3 examinations

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Year 9

**Wednesday 20 January:** Year 9 Progress Evening with GCSE Information

**Tuesday 30 March:** Progress Checkpoint 3 - reports sent home

**Monday 10 - Friday 14 May:** KS3 examinations

**Monday 21 June:** Year 9/10 "Is University for You?" Evening

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Year 10

**Tuesday 30 March:** Progress Checkpoint 3 - reports sent home

**Tuesday 4 May - Friday 14 May:** Mock Examinations

**Monday 21 June:** Year 9/10 "Is University for You?" Evening

**Thursday 24 June:** Progress Checkpoint 4 - reports sent home

## Year 11

**Thursday 10 December:** Progress Checkpoint 2 - reports sent home

**Monday 22 February - Friday 5 March:** Mock Examinations 2

**Thursday 25 March:** Progress Evening - mock examination results

**Tuesday 30 March:** Progress Checkpoint 3 - reports sent home

## Parents' and Carers' Open Forum

**Tuesday 26 January:** 9.30 – 10.30am

**Tuesday 16 March:** 9.30 – 10.30am

**Tuesday 4 May:** 9.30 – 10.30am

**Friday 25 June:** 9.30 – 10.30am

## Other Events

**Friday 11 December:** Friends Christmas Fair

**Tuesday 15 December:** School Christmas Lunch

## Year 6 Into 7 Transition

**Wednesday 16 June:** Transition Evening/ Meet the Tutor (5.00 - 7.00pm)

**Tuesday 29 - Wednesday 30 June:** Transition Days