

Headteacher's Introduction

Dear Parent / Carer

I hope that students and families have found time and a break in the weather this week to enjoy our Nidd Olympics virtual sports day activities. By the time you receive this newsletter, I'm sure that most of you will have seen updated news items and briefings regarding the full re-opening of schools in September. The full DfE guidance has now been published and there are many distinctions between what schools must do, what schools should do 'where possible' and what schools should consider. The guidance also acknowledges that each school has a very different context and plans must be drawn up to meet the particular circumstances of each setting.

So whilst we are very much looking forward to welcoming all students back to school in September, there is a lot of very detailed planning to do over the next few weeks to ensure that this is done in a safe and meaningful way. One decision that we have already made is that we will need to have a properly phased return to school for all members of our school community. It is important that we do this to ensure that staff, students and parents fully understand and feel comfortable with all of the structures and systems that will be in place.

On Friday 4th September, staff will be cutting short their holiday to attend a full day's training in school, this will be followed by a further staff training day on Monday 7th September (as preciously indicated on the school calendar). On Tuesday 8th September, our new Year 7 students will be invited into school as they have not had the opportunity of a transition day this term. On Wednesday - Friday the remaining year groups will be invited into school for at least one day each to start the reconnection process. As soon as we have finalised these plans we will let you know which day(s) your child will be in school.

I hope that you will understand and feel reassured by this approach which places student safety and wellbeing at the centre of our planning.

Kath Jordan, Headteacher



NIDD OLYMPIANS- RUN, JUMP AND THROW

Inspired by what should have been our School Sports Day, the latest lockdown House Competition has been announced by our creative PE Department.

Good luck everyone – please submit your entries to the PE Department – full details in the PE Bulletin.

Mr Barrass

Keep Calm, Stay Wise, Be Kind 😊

See www.actionforhappiness.org for ideas of daily actions for July to help us look after ourselves and each other as we face this crisis together. Mrs Kay

RESILIENCE CALENDAR: JUMP BACK JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We can't control what happens to us, but we can choose how we respond</p>			<p>1 Be willing to ask for help when you need it today (and always)</p>	<p>2 Make a list of things that you're looking forward to</p>	<p>3 Adopt a growth mindset. Change "I can't" into "I can't...yet!"</p>	<p>4 Find an action you can take to overcome a problem or worry</p>
<p>5 Avoid saying "must" or "should" to yourself today</p>	<p>6 Put a problem in perspective and see the bigger picture</p>	<p>7 Shift your mood by doing something you really enjoy</p>	<p>8 Get the basics right: eat well, exercise and go to bed on time</p>	<p>9 Help someone in need and notice how that gives you a boost too</p>	<p>10 Don't be so hard on yourself. It's ok not to be ok</p>	<p>11 Reach out to someone you trust and share your feelings with them</p>
<p>12 When things go wrong, be compassionate to yourself</p>	<p>13 Challenge negative thoughts. Find an alternative interpretation</p>	<p>14 Set yourself an achievable goal and make it happen</p>	<p>15 Go for a walk to clear your head when you feel overwhelmed</p>	<p>16 When things get tough, say to yourself "this too shall pass"</p>	<p>17 Write your worries down and save them for a specific 'worry time'</p>	<p>18 Let go of the small stuff and focus on the things that matter</p>
<p>19 Notice something positive to come out of a difficult situation</p>	<p>20 Ask yourself: What's the best thing that can happen?</p>	<p>21 If you can't change it, change the way you think about it</p>	<p>22 Make a list of 3 things that you can feel hopeful about</p>	<p>23 Remember that all feelings and situations pass in time</p>	<p>24 Choose to see something good about what has gone wrong</p>	<p>25 Notice when you are feeling judgemental and be kind instead</p>
<p>26 Get back in touch with a supportive friend and have a chat</p>	<p>27 Write down 3 things you're grateful for (even if today was hard)</p>	<p>28 Catch yourself over-reacting and take a deep breath</p>	<p>29 Think about what you can learn from a recent challenge</p>	<p>30 Ask for help from a loved one or colleague. Be specific</p>	<p>31 Remember that you are not alone. We all struggle at times</p>	

ACTION FOR HAPPINESS actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together. **Keep Calm · Stay Wise · Be Kind**

NYCC Music Service

Since lock down NYCC Music Service has been continuing to support students with online lessons.

Many parents/carers have commented on the positive effect it has had on the wellbeing of their children.

There is still have space for more to join and as we are not sure what will happen in September, we are keen that we keep access open to as many as possible.

[Click here for further information.](#)

Ian Bangay
Head of County Music Service

Well done to Hattie Johnson – Year 11

Hattie has finished her 5k a day running challenge for the month of June having run a total of 150 kilometres (that's 90 miles)!! Hattie has raised an amazing £620 for her chosen charity – the Medicines sans Frontieres corona virus appeal.

If you would still like to donate, Hattie's just giving link is

www.justgiving.com/fundraising/hattie-johnson



CORONAVIRUS CRISIS APPEAL

North Yorkshire County Council

OPEN NORTH YORKSHIRE

Live it. Sketch it. Share it.
Sustainable Travel Calendar Competition

Prizes Include
Overall winner: £100 Amazon Voucher
11 Runner Up prizes of £25 Amazon Vouchers

Creative Art Competition

In recent months the Covid-19 pandemic has altered the way we do things but it has also seen people explore their local areas, walk and cycle more and try something new. We want people to continue to walk and cycle for their journeys, not only benefit themselves, but also their school and local community through cleaner air, less traffic and safer streets.

The NYCC Sustainable Travel Team have developed an exciting competition for young people to create a piece of bespoke artwork to inspire others to get more active through healthier, environmentally greener journeys.

This is a fabulous opportunity to get creative and spread a positive message about the environment.

We are inviting you to get creative and provide a piece of artwork, it can be any material and any process, just as long as it's A4 landscape, with the winning entries being printed in a 2021 Calendar.

Prizes include:
Overall winner: £100 Amazon voucher
11 Runners Up: £25 Amazon voucher each

Artists have until Friday 18th September to submit their artwork.

[Click here for more information](#) and
[Click here for the Entry Form.](#)

Good luck from the Sustainable Travel Team 😊

If you can't **CHANGE** it,
change the way you
THINK about it

ACTION FOR HAPPINESS
Find ways to bounce back
www.actionforhappiness.org

REMINDERS

Staff Training Day 3rd July – no staff in school. No new work set for students.

Last day of term: 17 July.

Staff training day - 7 September – school closed to students.

Training day 21 September now cancelled (Pateley Show Day).

NOTICEBOARD

Clearchoice (our Cleaning Contractors) are advertising for one Cleaning Supervisor and three cleaners for our school site.

[Click here for more information.](#)

School Uniform

Has your child grown out of their uniform during lockdown? If you have any good quality school uniform that you would like to donate please email the Pastoral staff team to let us know.

