



Children's Mental Health Week this year is 1st – 7th February

The charity Place2Be are promoting this week with the focus being, “**Express Yourself**”. This is such an important aspect for people to do, in a world where we want to promote individuality and diversity. It is an important aspect of **self-care** and wellbeing when you can truly be yourself and be able to stand out from the crowd without feeling diminished and less than. See our graphic below for self-care tips.

More information on the next page and at [Children's Mental Health Week 2021](#)

Headteacher's Introduction

Dear Parent / Carer

This week's confirmation that schools will not be fully reopening immediately after half term, whilst not surprising, will have been disappointing and frustrating for many of you. It is, of course, far too early to say whether some or all secondary year groups will return from 8th March or whether we will have to wait a little longer. In the meantime, we will continue to do all that we can to develop our remote learning offer so that we provide the best possible home learning experience we can.

This week saw the introduction of Screen Free Wednesday. We've already had some great feedback about how welcome it was to have the screen break in the middle of the week. We hope to have this fully embedded across all years by next week. We will also be continuing to plan more opportunities for read, reflect and consolidate tasks to help students to stay on top of their work load. Last week I also mentioned extending Finish With a Flourish time to cover Friday period 5 every week. Mrs Kay has made some suggestions for activities in the PHSE Team for each year group but this is time for students to do their own thing so the suggestions are just that! Please bear with us as we readjust planning to accommodate these changes.

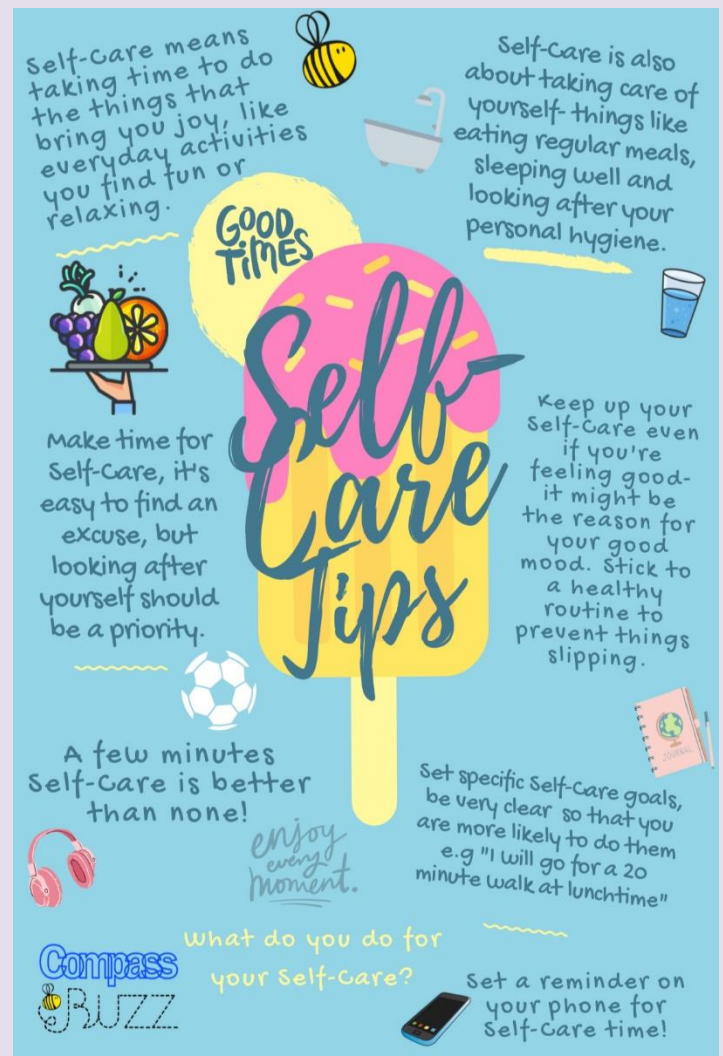
As ever, if there is anything more we can do to offer support in these challenging times, please do be in touch.

Kath Jordan, Headteacher

Supporting home learning routines – checklist for students and families.

Click the link below:

[Supporting home learning routines - Planning the day.pdf](https://www.educationendowmentfoundation.org.uk)
([educationendowmentfoundation.org.uk](https://www.educationendowmentfoundation.org.uk))



Children's Mental Health Week

This year's theme is:

Express Yourself

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

Being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

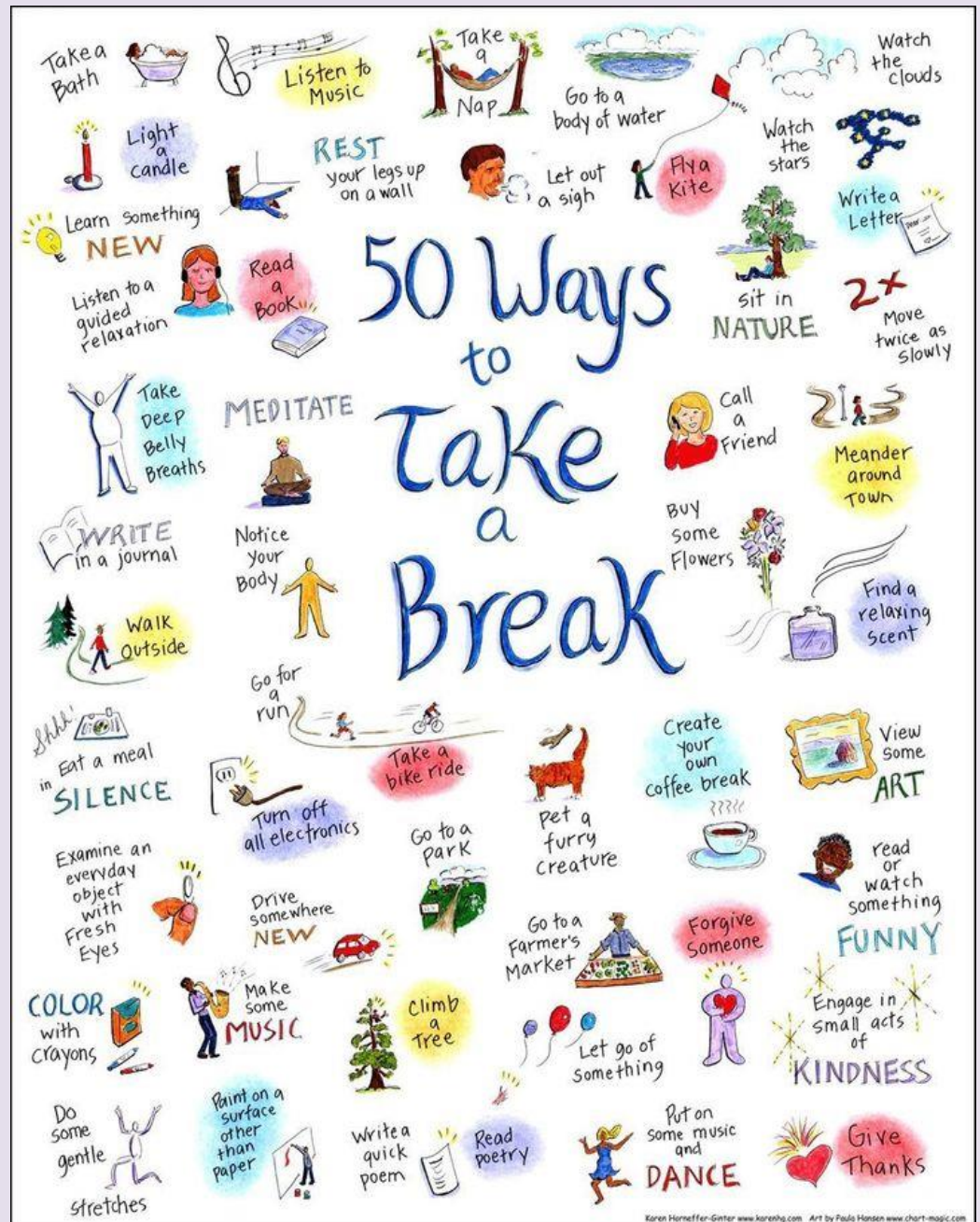
For Children's Mental Health Week 2021 we want to encourage you all (as individuals and families) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

We already know that we have some of the most creative, expressive, talented students on the planet so we would love to hear from you next week. How will you make yourself and others feel good?

Why not use colour to express yourself during the week by wearing a colourful outfit dress to impress.

Spread the word by sharing with us some of your creative writing, lyrics, poems and stories.

Why not get a dance-a-long or sing-a-long going? Be whoever you want to be and express yourself!



Mental Health Awareness Week reminds us all to look after ourselves and each other. Whilst we are apart, it is more important than ever to remind each other that we are still here. Take this week to talk to each other and hear each other's voices. If there is someone you have not heard from for a while, send a message out to them or invite them for a virtual break-time or lunchtime chat. The Pastoral Team would love to hear from you too.

Take care of yourselves, your families and friends.

The Pastoral Team

Parent Group

The Pastoral Team will be launching a new Parent Group in the next few days. This will be an opportunity for parents and carers to meet together over a virtual cup of tea.

Ms Walker

Team Nidd Creativity

Team Nidd Creativity

Students across all year groups are wowing us with their creative responses to home learning tasks. From beautifully lit photographs to cardboard creations, portraits and creative writing, it's great to see such high quality work from our talented students.



Keeping in Touch with Year 11

Year 11 students were lucky to be visited (with social distancing of course) by Mrs Richards and Mrs Walpole this week who travelled up and down the Dale, negotiating tractors, delivery vans and road works to deliver study materials and treats from Team Pastoral. Students have been in touch to say how much they appreciate knowing that they are not forgotten. Well done to so many of our Year 11 students who are staying motivated and focused as they continue to work on the GCSE course content and prepare for whatever form of assessment will contribute to their final grade.

There are pieces of me that have been broken off, and been left to drift in the wind.

There are pieces of me that are afraid to shine because of peoples jokes.

There are pieces of me that I lost a long time ago, pieces that were broken, pieces I don't even remember having.

There are pieces that were stolen, and forgotten.

There are pieces of me that no one has seen, pieces of me that no one knows I lost, these pieces are scattered, and it seems like I am too.

There are pieces of me that I regret showing others, pieces that are trapped.

There are pieces of everyone that are lost, pieces that make us grow into the best person we can be, but some of those pieces have hurt others, and those pieces forever gone shall be.

Safer Internet Day 9th February 2021

Safer Internet Day 2021 will be celebrated in the UK with the theme:

An internet we trust: exploring reliability in the online world

This year in the UK, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

Resources on this website:

[Safer Internet Day](#)