



Headteacher's Introduction

Dear Parent / Carer

As we move towards the end of what we all hope will be the final period of remote learning, I would like to congratulate all staff, students and families on a job well done. We have achieved so much together and some of the finest examples of recent practical work are pictured in this newsletter.

We know that recent weeks have been tough for many, but we also know that many students have flourished and achieved great things during this period of home learning. So, as we have said before please remember that whatever you have done, it's enough. Now we begin the work of reconnection and we look forward to starting some new and fresh learning as well as reviewing and recapping previous work.

We look forward to seeing our students again; to hear what they have done, what new skills they have learned, what they have missed and what they are looking forward to.

Our lateral flow testing centre is all set up and ready to go and we want to reassure all students taking part in testing that there are smiling and reassuring faces behind all of the PPE. Please remember that there is a powerpoint on Teams that gives an explanation about the testing process. All other return to school information has been sent out in letters this week and in the guidance pack sent to parents this afternoon.

We look forward to welcoming students back to school next week and wish you all a restful and relaxing weekend.

Kath Jordan, Headteacher

Return to school days

Monday 8th	Year 11 in full uniform (no PE)		
Tuesday 9th	Year 11 in full uniform (no PE)	Year 7 in PE kit	
Wednesday 10th	Year 10 in PE kit	Year 7 in PE kit	
Thursday 11th	Year 10 Band A in full uniform Band B in PE kit	Year 8 in PE kit	Year 7 in full uniform (no PE)
Friday 12th	Year 11 in PE kit	Year 9 in PE kit	Year 8 in PE kit if PE on timetable

Calendar

- w/c 15th March - Y9 Options interviews
- 26th March- Deadline for Y9 Option entries
- 26th March - School closes at 3.15 pm
- 29 March – 9 April 21 - Easter break
- 12 April 21 - Staff training day
- 13 April 21 - Students return

Travelling to school safely – message from Department for Education

If you live a short distance from your school or college, walk, cycle or scoot to and from school wherever it is possible and safe to do so.

Avoid sharing a car with anyone outside of your household or support bubble.

If you are using public transport to get to school or college, plan ahead and allow more time for your journey.

When you are travelling by public or dedicated school transport, don't forget to:

- wear a face covering (unless you are exempt, including if you are aged 11 and under). It is important you wear them for the entirety of your journey, including inside a bus station
- social distance where possible
- wash or sanitise your hands regularly
- be considerate to fellow passengers and staff.

Nidderlicious

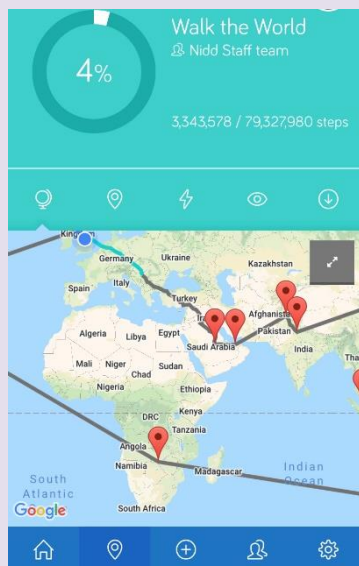
Our weekly menu has been uploaded to the website. We look forward to welcoming you back to school and serving your favourites.

Click here to see the menu for w/c 8th March:
[Nidderdale High School Menu](#)

Mrs Naylor and team 😊

Walking for Wellbeing

The staff world walking group have now completed 4% of their epic journey around the world, finding ways to be together whilst we're apart. With well over 3 million steps bagged so far, we're not sure yet whether steps taken on lunch duty and up and down the lateral flow test centre will be allowed to count alongside our dog walking! Well done Team Nidd - walking for well-being.



Asymptomatic testing information for parents and adults in households with children at school or college

NHS Test and Trace announced earlier this week, that all adults in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing.

Test kits can either be collected or ordered online. Schools cannot give test kits to parents, carers or household members. Secondary school and college students will continue to access testing through their school or college.

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles. Tests are fast, easy and completely free. There are different ways for a household, childcare or support bubble to collect their test to take at home twice-weekly:

- through your employer, if they offer testing to employees
- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most

If you have any queries about these tests please call 119 (no charge).

Children of primary school age (and below) without symptoms are not being asked to take a test.

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.

Wellbeing Information

Families play a huge role in supporting each other in uncertain times and over the next few weeks the focus will be around supporting your child with the return to school. This will come with many mixed emotions and there is no one way that as parents you should feel.

If you are struggling with the impact of uncertainty on your life, reach out, talk to a trusted family member, friend or seek professional support such as the Mind charity. Perhaps some of the coping strategies below may help.

We are all feeling a degree of uncertainty which I hope can be a reassuring mindset. Please remember that this whole experience of uncertainty and finding ways to get through each day will improve our resilience for future difficulties.

<https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/>

Strategies to consider

Acknowledge how you're feeling and notice what is happening to you

Allow time and space to experience how you are feeling.

Focus on the present

When the feeling of uncertainty becomes overwhelming, take a few deep breaths and focus practically on the present, engage in something you love doing that is within your control.

Remember the basics of looking after yourself

The four fundamentals in life – Food, Sleep, Exercise and Structure.

Focus on what you can control

Think about the things you can control, rather than what you can't control. If you are trying to control the uncontrollable then this is a waste of your time and effort and ultimately exhausting.

Set some goals

Goals often can, and should, change but the very practice of setting goals can be hugely beneficial when dealing with uncertainty.

Try to find fun and connection

Be it writing, exercise, gardening, cooking, reading – activities that enable you to become absorbed in can be particularly helpful.

New timings for school day

When students return to school we are making a change to the timing of breaks to reduce the possibility of congestion and to start the day with registration and tutor time.

	Key Stage 3		Key Stage 4
8.30-8.50	Arrival to form forms	8.30-8.50	Arrival to form forms
8.50-9.10	Registration	8.50-9.10	Registration
9.10-10.10	Lesson 1	9.10-10.10	Lesson 1
10.10-10.30	Break	10.10-11.10	Lesson 2
10.30-11.30	Lesson 2	11.10-11.30	Break
11.30-12.30	Lesson 3	11.30-12.30	Lesson 3
12.30-1.15	Lunch	12.30-1.30	Lesson 4
1.15-2.15	Lesson 4	1.30-2.15	Lunch
2.15-3.15	Lesson 5	2.15-3.10	Lesson 5
3.15	To buses	3.10	To buses

The Importance Of Small Steps!!!

