



This week, we will be connecting with nature as part of our recognition of Mental Health Awareness Week. This morning, Year 7 started their day with a lap of the school wellbeing walk route.



Headteacher's Introduction

Dear Parent / Carer

We are delighted that so many of our students are enjoying the Finish with a Flourish activities, which run on Friday lesson 5 in week 2. When we first planned to introduce Finish with a Flourish, we hadn't counted on zones, year group bubbles and restrictions on visitors, so we are pleased to have been able to find some work arounds that means our students can still experience the wellbeing benefits of this extension to our curriculum. This term students are enjoying a wide range of activities including chess club, hama bead designs, Japanese for beginners, bushcraft, rugby and basketball. We have also been able to welcome Union of Dance and Sophie Zealand Dance into school to extend our programme for Year 10 students. We hope to be able to extend our offer even further next year when restrictions are lifted a bit more.

We have now held Parents' Evening for all year groups via the online Parents' Evening system and we are really grateful to parents for feedback via our surveys about how the system worked for families. It is clear that many of you found the online experience a really positive alternative to the usual face to face experience. You have especially welcomed the fact there is no travel, no queuing and increased privacy for appointments. Some of you have also pointed out some of the limitations of the system. We will take all of your views into account when planning for these important parent consultation events in the future.

Kath Jordan, Headteacher



This week we will be holding assemblies in form groups to support 'The Big Ask'. This largest ever survey of children in England was launched by Rachel de Souza, the Children's Commissioner for England. The survey aims to gather children's views and experiences on important issues and will be used to inform recommendations to Government & proposals for policy changes which will affect them and their futures.

Covid-19

Please [click here](#) to see the latest reference guide for parents regarding Covid-19 Related Pupil Absence – this document was updated 1st April 2021.



NSPCC Guide to Apps

The Children's charity NSPCC has developed a guide to some of the different apps that young people are using. They have graded them on different safety elements.

[Click here to see their advice.](#)



Diary dates

- Ongoing until 28.5.2021 Year 11 GCSE and BTEC assessments
- wc7.6.2021 Year 10 exams
- 28.5.2021 final day of normal attendance for Year 11 students

Term Time Information

- 31 May – 4 June – Half term break
- 23 July - 2.15 p.m. School closes - Summer break



Mental Health Awareness Week 2021

This week, **10-16 May**, is **Mental Health Awareness Week**. MHFA England have put together some quick and simple ideas for you to try.

“For Mental Health Awareness Week this year, everyone is invited to **#ConnectWithNature** in the great outdoors. Evidence shows that nature is good for our mental health. Connecting with nature can help prevent mental health issues. The benefits of nature have never been more evident than during the pandemic, when 45% of us reported that being in green space has been vital for our mental health.

Our resources can support you and your workplace's wellbeing throughout the year. Use our guidance on [supporting your mental health while working from home](#) to build the outdoors into every working day. Check in on your own and others' mental health with the [My Whole Self MOT](#). Or strengthen your working relations by [hosting an activity](#).

We hope these ideas are helpful, and we look forward to seeing how you **#ConnectWithNature** this Mental Health Awareness Week. [MHFA England](#)”.

We have been asked to share this with you. The Pastoral Support Team have further information on sleep. If any parents would like more information, please contact the team.



Drop-In Sessions Now Available In North Yorkshire

Are you a parent or professional in the area who is looking to find out more information about what The Sleep Charity do and how we can help with children's sleep issues?

We are now offering drop in sessions on:

Wednesday 7th April 10.00am - 11.00am

Monday 12th April 11.30am - 12.30pm

Wednesday 21st April 3.30pm - 4.30pm

(aimed at schools/ special schools)

Friday 14th May 11.30am - 12.30pm

Friday 21st May 4.00pm - 5.00pm

Wednesday 2nd June 9.30am - 10.30am

Friday 4th June 9.30am - 10.30am

To join, please use this link:

<https://us02web.zoom.us/j/4022628157?pwd=ZVU1MwZlOjU3d3RFSjY2dUwRMS2hZkdz09>

Meeting ID: 402 262 8157
Passcode: 2020

To find out more please contact **Claire** on support@thesleepcharity.org.uk

We look forward to seeing you there

@thesleepcharity

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Rawcliffes Schoolwear

Rawcliffes, our Harrogate based Uniform Supplier have asked us to share this information with you:

“To reduce the number of customers in store, we operate an appointment system throughout the months of July, August and September. 15 minute appointments can be made via our website. We ask that, where possible, only one parent attends the child/children and other non-school children remain at home. Please visit our website first, where possible. We offer a free click & collect option”.

Online Shop - www.rawcliffesharrogate.co.uk