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No. 27

30th April 2021

Update from Mr Froy

It's been another busy week but it has been good to hear students talking to our Governors and telling them how they feel over a variety of subjects including safeguarding. It is also great that our year 11 and 12 students have had an opportunity to talk to our Trust regarding the **refurbishment in the Sixth Form Centre**.

Safeguarding Lessons

The next safeguarding lesson for students is on **Child on Child Abuse** and a link with more information is available at this BBC News website https://www.bbc.co.uk/news/uk-england-london-49084906

Absence Request Forms

All requests for absence (other than illness) must now be requested on our **new form** that can be found here Absence Request Forms

Medical Appointments

Please ensure that all medical appointments for students are **notified to us in writing (email is fine)** before the day of the appointment please. This enables us to have a clear record of student absences.

COVID-19 Home Testing

If you open a test kit and it appears that you have no sachets of the extraction liquid, please look if they are **wrapped up in the instructions leaflet**. Please continue to test and report your results as requested.

Year group News

Year Nine

 The Men ACWY/DTP vaccinations will take place in school on 14th May. The deadline for consent or non-consent is 7th May and should be completed via this link.

Year Nine, Ten and Twelve

Parent, Student and Tutor Discussions for **year 9, 10 and 12** will take place on **Thursday 6th May**. Bookings are now open on Schoolcloud and details of how to book can be found on Parentmail. Bookings will close at **10pm on Wednesday 5th May**.

Year Eleven

- 10/05/21 18/05/21 During morning registrations, there will be an opportunity for students to meet with subject leaders and current year twelve and thirteen students, to discuss possible 'A' level choices and further information about the County Upper Sixth Form. Further information will be shared by the form tutors during that week.
- Please look out for a letter coming soon by parentmail that details the leaving arrangements for this year.
- The Year Eleven Prom is to be held at the Athenaeum on 9th July.

Year Eleven and Thirteen

Leavers photographs were taken yesterday and will be available in due course.

Year Twelve

If you missed collecting your **GCSE certificates** last week, please go to reception, where we will be happy to advise you how to get them.

Year Thirteen

- Please look out for a letter coming soon by parentmail that details the leaving arrangements for this year.
- The Year Thirteen Prom is to be held at the Ravenwood Hall on 6th July.

Success Beyond School (Careers help)

This website offers free, expert advice on guiding your child to a successful career. These links to their **free 'live online' seminars** designed to help parents supercharge their children's career potential may be useful:

Tuesday 11th May: Own The Room

Power up your child's public speaking skills; vital for any career

Wednesday 9th June: Success in the City

How to land a top job in the City: law, finance, consultancy and more











WHAT TO DO WHEN YOUR CHILD IS FEELING ANXIOUS



Talk to your child about anxiety, explain what is happening to their body and why it happens, this will help them in the future.



It can help to talk to your child about finding a safe place in their mind, somewhere that they feel relaxed and happy.



Name their worst case scenarios and think through together how to sort out the situation if it happens.



Get your child to breathe deeply and slowly, in through their nose for 3 counts and out through their mouth for 3 counts.



Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.



Make a 'worry box'. Your child can write each worry down and post it in the box out of sight.



Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones.



Give them a cuddle or hold their hand if they will let you - human touch can be reassuring.



Distract them by focusing on something else and put their mind at ease.



Encourage your child that it will be okay, and the anxiety will pass.



Work on positivethinking and relaxation techniques together.



Establish a weekly routine 'family feedback' time slot.



Encourage your child to notice what makes them anxious and discuss it.



Try not to become anxious yourself or overprotective.













