



from Gwen Taylor-Hall, Deputy Head (Pastoral)

Dear Parents

In these testing times, looking after yourself and each other is undoubtedly the main focus on everyone's mind. Wellbeing really will be tested and nurtured in a way that we probably haven't needed to explore before. As we settle into the 'new norm' and adjust to the restrictions, advice and daily living, there will undoubtedly be anxiety setting in.

Officially, we are heading to the middle week of the Easter holiday and therefore the reality of change may not really hit our pupils until the return to school date becomes just another day at home. Mindful of how everyone will be coping in different ways and how, after several weeks, school life may move to the top of the wish list for some, parents and pupils alike, we aim to offer as much support as we can with a familiar and accessible pastoral framework.

In these uncertain times, adolescence and social development continue, and what we do know is that our pupils need routine ie quality sleep, exercise, a balanced diet, social interaction, me-time, academic challenge, targets and support to navigate through the next few weeks.

How we aim to help

1. Weekly pastoral updates will be shared during the term, offering useful online links, planned assembly themes, health tips and key messages.
2. Tutors or housemasters/housemistresses will maintain regular contact with their tutees, check engagement with learning platforms, oversee academic progress and be on hand for any wider concerns, helping to maintain the support which they would usually give.
3. Housemasters/housemistresses will communicate with each family on a weekly basis to provide a time to talk, and be the main link between home and school.
4. PSHE curriculum matters will continue to be communicated.
5. Physical and mental wellbeing ideas and challenges.
6. Pupils will be reminded who they can turn to, albeit from a distance, for help, advice, support or to raise a concern.
7. House belonging. We understand the important role of house life, and each head of house will continue to play a role and act as a buddy.
8. Counselling services may be available and pupils should make contact in the usual way.

We would also like to draw your attention to the following external resources that we fully support. The first is the Q app geared to pupils, the second offering online advice for parents from Alicia Drummond, and the third from Public Health England.

Q app To support the pupils, the website www.quintillion.io/about-q/ outlines Q. Just click the 'Get Q Free' tab to request a free token for Q. All data is fully protected. Families need all the support they can get right now to put them in a more positive wellbeing space, and Q provides the opportunity to do this with stress, learning and confidence in a very personalised way. We have been working with Quintillion developing the app, and some members of Year 10 may already be familiar with the earlier stages of this app.



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Alicia Drummond offers a lot of helpful blogs, podcasts and Q&A films on the Teen Tips Website.

- Online Talks are [here](#).
- Free Resources are [here](#).
- Sign up as a 'parent' to the Teen Tips newsletter to continue to receive advice [here](#).

Gov.uk COVID-19: guidance on supporting children and young people's mental health and wellbeing. Click [here](#).

Hopefully the outline and these initial links to resources will help in some way for you and your family during this tricky time.

As always, I am happy to pick up any wider issues that you may wish to share or discuss.

With best wishes
Gwen Taylor-Hall
Deputy Head (Pastoral)