WHOLE SCHOOL

Warwickshire School Health
Please find attached a health and wellbeing update from our school nurse team as well as the latest weekly newsletter. This week's feature is on getting a good night's sleep, with some useful tips on how families can improve their bedtime routine. There is also a link to a video the staff have put together to spread the message that we are still here to provide support

Message from Mrs Worth School Counsellor
Please find below useful links for tips and ideas regarding mental health

https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/

https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19

https://4123n13bqnypihxzs1aprwwe-wpengine.netdna-ssl.com/wp-content/uploads/2020/05/Stem4-Covid-Booklet-WEB-2.pdf

Meditation has many proven benefits both for physical and mental wellbeing. People who practice meditation also report feeling less stressed and anxious, less depressed and are sleeping much better.

https://www.headspace.com/meditation/guided-meditation

This year's Mental Health Awareness Week focuses on kindness. The Samaritans are launching a self-help web app today, to help you be kind to yourself every day. The app has a mood tracker, which you can use to record how you are feeling and see how your mood has changed over time. It also recommends techniques to try, based on how you are feeling at the time.

https://bit.ly/366pTFZ

Take care of each other and hope to see you all very soon.

Message from Sycamore Counselling
We at Sycamore Counselling just wanted to contact you at this time to make you aware of a telephone support service we have running for anyone over the age of 18, Please see attached poster. If you feel you may benefit from a free 25 minute crisis support session please give us a call on 07395 945031

Seneca Learning
Update from Seneca Learning - Good news, Seneca Learning has just released a free parent monitoring platform which lets you see how long your child has spent on their different subjects, their average score and number of questions answered. Here are some instructions for getting started:

1. Click here to create a parent account (if you arrive at a login page, make sure to click on the 'Sign up' option)
2. Click 'invite child'
3. Share your code with your child(ren) and ask them to click on the link
4. Login to review their progress.

Please find attached a PDF document visual guide on how to set up.

Regards Higham Lane School

MFL French Student

Dear Parent/Career,

I hope this email finds you well. I am writing to let you know that I will soon be sending a link for the students to my 'vitual classroom' which will appear on your child's google classroom as 'material' . On this students can click links to any and all of the hard copies of their documents for school including Knowledge Organisers and Booklets. There will also be links to YouTube grammar videos, spotify podcasts via duolingo in French and a list of Netflix videos which will play in French with English subtitles. Please note this list is **NOT** a list of *recommendations as such* as we have not seen every film/series/podcast listed. It is for **information only**, hence the reason we have added the age ratings given by Netflix in order for you and your child to make an informed decision on what to watch. Please look for the symbols attached to the sheet to help you make your choices.Thank you for your continued support.

Keep Safe,

Miss. Hampton.

Preparing Your Child For A Return To School

Please find attached guidance on a webinar that has been developed by Warwickshire County Council to help parents with the above.

YEAR 11

NCS- Summer 2020/21

While our Summer 2020 programme will not be going ahead in the traditional NCS format, we have created an online digital platform that hopes to keep young people connected. If you could share this with Year 11's, that would be much appreciated https://wearencs.com/staying-connected