



16 July 2020

Dear families,

As we move into the summer break we wanted to put together a list of further resources and thoughts that you might appreciate over the next few weeks. As Mr Harrold has said previously, we have been bowled over by the incredible commitment of all of our families to each child's education and the support you have given your children to complete work in circumstances beyond any of our previous experiences. Thank you.

We have aimed always to consider the whole child; their learning as well as their well-being, their physical, as well as their mental, health. And it is in this spirit that this email's contents have been compiled. We have divided this into Support & Guidance, and Activities.

Support and Guidance

We won't repeat the information from the previous emails regarding where to go for advice - it is still much the same as in my May email, but this useful summary guide has recently been published by the Government [advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm](#) .

CEOP are still sending out online safety guidance and resources so it is still worth accessing these. thinkuknow.co.uk/11_13/ and thinkuknow.co.uk/14_plus/ . Equally you may want to consider [Watch YouTube videos safely/family friendly YouTube](#) .

If you are considering sending your child/ren to any **holiday activities** this information on the link below, again from the Government, may be of use. It details what safety measures you should expect amongst other things. [Guidance for parents and carers of children attending out-of-school settings during the coronavirus \(COVID-19\) outbreak](#) .

Many of you will be aware that as a result of Marcus Rashford's campaign, the Government have extended the **free school meals vouchers** through the summer holidays. Through the **free school meal** (FSM) national voucher scheme, eGift cards are available for Aldi, Asda, Iceland, M&S, Morrisons, Sainsbury's, Tesco, Waitrose and do not have to all be spent in one visit.

The **NHS School Nurse texting service** is still available for young people to use. The number is **07480635423** and it is open from 9am until 4.30pm during weekdays. Parents/Carers are also invited



to use this service if they would like to ask for advice or support for their child, or use the School Nurse duty phone number **01273 696 011 x 1692** (Monday – Friday 9am – 5pm).

For any families with **SEND** children who may be struggling in the holidays, the Amaze SENDIASS Helpline is open Monday to Friday, 9.30am to 2.30pm. Call 01273 772289 or via <https://amazesussex.org.uk/parent-carers/services-and-support/sendiaass-helpline/>. And Amaze have also developed a new web page full of CV19 advice specific to families with children and young people with SEND living in Brighton & Hove. <https://amazesussex.org.uk/coronavirus-advice/>.

As we move into late August, you may be aware of the need to shift teenagers' **sleep patterns** back to 'normal'. We have addressed sleep in PSHE and Ms Auld and her team teach modules on healthy sleep patterns and the impact this has on learning and mindset. But this will be a battle you may need to have in the final weeks of the summer holiday. These resources are recommended;

[Infographic: Back-to-school sleep tips](#)

[how-to-get-a-good-nights-sleep](#)

[sleep-KS3-KS4-lesson-plan-pack](#) This pack compliments what we teach in PSHE.

Essentially the idea is to slowly adjust times over a number of weeks, add exercise, reading, a good meal, and no screens or caffeine. In fact in school we suggest no caffeine after 2pm if students are having problems sleeping. There are also lots of sleep apps that you and your child could research and see which work best for them. You can see that this is a task that may take a few weeks to sort out, hence us giving you this information now.

Activities; reading focused

No great long list this time, but a few ideas to perhaps get us all thinking;

- We subscribe as a school to 'Issues Online' - found in the RIC KS4 Lockdown Links Google Classroom. These regularly updated resources are usually available to students as books in the RIC library and are full of very useful information to support their studies in KS4. The link will take you straight in because it incorporates our school subscription login "Issues Online provide PSHE resources for teachers, students, parents and librarians. We use images, graphs, infographics, videos and glossaries to help students and teachers understand information covering a wide range of PSHE subjects, KS4 topics, lessons and social issues." <http://www.issuesonline.co.uk/subscription/moodle/blatch/20935>
- Looking after our **mental health** is always important. Here's a brilliant list of books about young people's mental health topics from the Reading Agency.



[Young people's mental health | Reading Well | Books](#) and here's the link to a similar book list, also put together by the Reading Agency, for adults: [Mental health | Reading Well | Books](#)

- A further superb incredibly thorough reading list with a **BAME** focus and guidance from our very own Mx Muggleton is to be found here: [Fiction, Poetry, and Non-Fiction by Black Writers and People of Colour](#)
- Another good list, this time with an **LGBTQ** theme is [pride-picks-lgbtq-reading-list](#)

We will be back in touch in September confirming the finer details of the plans for your child/ren's return.

We all hope you all have a safe, healthy and relaxing summer.

Kind regards,

Ruth King
Deputy Head Teacher

