



Edwinstree Middle School

A Voluntary Controlled Church of England School

Student News

1st May 2020

Dear Year 7 Student

I hope that you managed your second week of online learning, and are beginning to get to grips with planning when and how you are going to complete the work set. Please remember, if you are feeling overwhelmed or anxious about the work, whatever happens, your physical and mental health are the most important thing. If you feel you can't face the work stop and alert someone. Please be reassured your school cares about you and will make sure that we support you to catch up when you return. So take care of your mental health first and if this is ok, then always attempt Maths first, then English and Science work, everything else is a bonus.

How are we helping you to stay well?

This is a really difficult and unusual time and for all families and can be a stressful time. If you are feeling upset, do talk to someone at home. The Learning Zone is also available to help you, if you think you want to talk, however, talking for us at the moment is via email and the address is: learningzone@edwinstree.herts.sch.uk. Please remember, this is a special service, so make sure you really need it. You are very good at respecting the Learning Zone in school, please treat it with the same respect outside of school.

Mr Galanides is in charge of the Noticeboard on "Show My homework" and he is gently posting up a series of wellbeing, reflection and mindfulness activities to support your mental health. His PSHE lessons are also concentrating on these techniques. There are some really good short activities that can help you, if you are feeling worried, anxious or concerned. A significant number of you have posted back how much they are helping so please try them. Mr Hamilton's ICT lessons are supporting your ability to stay safe online and even the most experienced Year 7 will benefit from refreshing this advice.

Have you tried a Collective Worship?

You might like to, they are designed to help us reflect on what is happening and to explore the value of 'Koinonia' and the power of many. They can help you to think and find small positives in the week.

Mrs Gant, one of my biggest stresses is will we come back to Edwinstree and will we have a chance to see everyone before September?

I understand. As a Headteacher managing a virtual school, my biggest stress is the unknown, when and if you are coming back to school and what that might look like with the social distancing restrictions? Unfortunately, I don't have any answers. I am waiting until Tuesday 8th May when I will get an update from the Government and as soon as I have more information I will let you know.

Stay safe, keep learning and remember to be kind to each other, we are all in this together

Jo Gant
Headteacher