



# Edwinstree Middle School

A Voluntary Controlled Church of England School

## Student News

1<sup>st</sup> May 2020

Dear Year 8 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 and or anxious about the work, whatever happens, your physical and mental health are the most important thing. If you feel you cannot face the work, stop and alert someone. Also, be reassured your schools are good in this area and you are in a school system between Edwinstree and Freman that will support you on your return to school whenever that may be. So take care of your mental health first, and if this is ok, always attempt Maths, 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 it can be a stressful. 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 to us at the moment is via email and the address is: [learningzone@edwinstree.herts.sch.uk](mailto: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 6 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.

### Who else wants to help?

In Year 8, a National and Local Authority group called Youth Connexions offer students opportunities to seek counselling and mentoring services that are separate to the school but supportive of your needs. Attached with this letter are two examples of how Youth Connexions could benefit you, if you think you need additional support with your wellbeing. I have also sent given copies to your Parents. This is a really positive service where you can access to support if you think you need it.

### Mrs Gant one of my biggest stresses is moving to Freman College, will we come back to Edwinstree will we have a chance to see our new school before September?

As a Headteacher managing a virtual school, my biggest stress is the unknown, when and if you are coming back, and what that might look like with the social distancing restrictions? Unfortunately, I don’t have any answers. This week, I had a virtual meeting with Ms Loughran from Freman College to talk about data hand over and Transition Day, if schools are operational. I am waiting for an update from the Government on Tuesday 8<sup>th</sup> May, and as soon as I have more information I will let you know. Preparing you for Freman College is a high priority.

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

**Jo Gant**  
Headteacher

*As a Christian school we recognise the unique and wonderful in everyone.  
As a community we support one another to flourish and live life in all its fullness.*