

30 April 2020

Dear Parents/ Carers and Students of The Castle School,

It is useful to reflect that we are in week 5 of lockdown and it has been a huge adjustment needed for everyone. I am aware that my previous letter had a lot of information since it was the first week back. I have tried to keep this one to a minimum.

Notices

- 1. Epraise:** Heads of House are delighted at the number of Epraise points students are getting. Next week we will publish the House league table so we can see who is in the lead for the House Trophy.
- 2. Student surveys:** We are asking a different year group to answer a survey each week. This week we asked Year 10. Please do encourage your child to take part as it helps us to refine what we are providing. Whilst most of the feedback is positive, some students were asking that teachers answer emails more quickly. We are looking at ways to improve this that does not overwhelm teachers and I would ask students to be patient in the meantime.
- 3. Year 11 students: Firstly, just to remind you that although the Prom has been postponed, we WILL have a Prom at some point.**
 - RHC have been in contact to support students who are intending to go there in September. This is the link to their website: <https://www.huish.ac.uk/faqs-regarding-september-2020-admissions/>
 - There are also some initial study and wellbeing ideas, that we hope will engage and stimulate those who are keen to get going in extending and preparing themselves for Post-16 study <https://www.huish.ac.uk/wp-content/uploads/2020/04/Year-11-extending-learning-ideasfinal.pdf>
 - In addition, there will be course specific introductory activities from the start of May, all of which will be accessible on our website for prospective students.

I am sure that Bridgwater College are doing similar and I will forward as soon as I have anything to share.

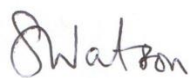
- 4. Year 8 and 9 students:** If you wish to focus on the subjects you will be taking next year, we have informed teachers. I hope that eases the pressure for some students. Of course, if you wish to continue with your studies, you are very welcome to.
- 5.** I don't know if this is any help at all, but talking to some parents, especially those in the NHS who are struggling to find time to shop, our food suppliers have just opened to the public. You can click and collect from their depot in Wellington or they will deliver orders of over £100. Some people are shopping for others so this might save you a trip to the supermarket.

Here is the link: <https://www.bidfood.co.uk/>

A similar company in Devon: <https://www.bulkbuygroceries.co.uk>

6. Finally, I have attached Session 2 of Emotion Coaching from the NHS supporting parents. I hope it is helpful. I have listed some helplines that might be helpful at the end of this letter.

As always, please reassure your children that they must not be anxious about the work; their best is always good enough. If you or your child has any concerns, please do either get in touch directly with the class teacher or with your Head of House/tutor/me. Take care and for all of our families, stay safe.



Mrs Watson

Helplines and websites:

The Oak National Academy can be accessed here: <https://www.thenational.academy>

BBC Bitesize can be accessed here: <https://www.bbc.co.uk/bitesize>

Support for parents of secondary age students online:

<https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children>

Free School meals: <https://www.edenred.co.uk/reward-recipient/Free-School-Meal-Vouchers/> for more information or to exchange your e-code for a supermarket e-Gift card.

Pastoral support and help: Out of hours and emergency numbers are also on the website front page -keep scrolling down. <https://www.castleschool.co.uk>.

Help can also be found here: <https://www.mentalhealth.org.uk/publications>

<http://www.sharesomerset.co.uk>

<https://www.nhs.uk/conditions/stress-anxiety-depression/worried-about-your-teenager/>