

No 1 Multi Academy Trust for disadvantaged pupils' outcomes

DFE PERFORMANCE TABLES 2019 AND NO 3 IN 2018

Top 10 National Pupil Progress

DFE PERFORMANCE TABLES 2018 AND 2019



Friday 5th February 2021

Dear Families

As we near the end of a very unusual half term I have been reflecting on everything that has been achieved by our amazing children, families and staff and looking forward to recovering and rebuilding together in, hopefully, the very near future.

Children's Mental Health Week

This week, we have been marking Children's Mental Health Week. It has been a fantastic avenue to highlight ways to share our feelings, thoughts and ideas through creativity - something our children are amazing at! Wednesday's Express Yourself day saw a cacophony of colour! The children loved seeing what their friends and staff at school were wearing and how that expressed their individuality.



Here are some of the many ways we are ensuring that Children's Wellbeing is an ongoing focus:

- ★ Parent Care & Share session on Mental Health & Wellbeing for children facilitated by our SENDco, Mrs Pascall.
- ★ Teachers adding mindful breaks to their Google Classroom and Tapestry streams.
- ★ Staff training focusing on Mental Health and Wellbeing in particular considering the impact of the pandemic on our children.
- ★ Planning as a staff team to support children and families when schools are open more widely.
- ★ Referring parents to sources of support and training.
- ★ Each Google Classroom has a 'Keeping Safe and Well' section for children to dip into.
- ★ As part of Relationships and Health Education children learn about Mental Health and Wellbeing.
- ★ Staff have their own wellbeing sessions led by our Educational Psychologists and can access support through our Trust Counselling service. Staff wellbeing is a priority.

Care and Share

Thank you to all those parents who were able to attend our Care and Share sessions this week. We hope that they were useful and have given you and your family information and support during this unusual time. Our thanks goes to Mrs Pascall and Mrs Williams who led the sessions. Next week, we will announce the times for the sessions after half term.

Agents of Hope Assemblies

The highlights of my week are definitely seeing the children's faces in our virtual assemblies. This term we have been focusing on hope and looking for the light after the storm (lockdown). The children have been focussing on different ways in which we can stay connected whilst being apart and also how we can look forward to the future when we are all back in school again.



All Saints' Thurlestone C of E Academy

Thurlestone,

Devon, TQ7 3NB

T: 01548 560494 **E:** thurlestone@lapsw.org

W: thurlestone-lap.co.uk



TOGETHER WE EMPOWER EXCELLENCE

I really enjoy receiving the artwork from the children following our assemblies. Here are just a few from this week...



Non-Pupil Day

Just a quick reminder that next Friday, 12th February is a non-pupil day. School will be closed to all pupils and remote learning will not be set as the staff will be taking part in training. Enjoy the early start to your February half term recharge!

Reopening of Schools - Reminder

We heard from the Prime Minister last week that, should all go to plan with the vaccine roll out, schools will start to open from Monday 8th March. As you, we are awaiting further details on this roll out which will be published during the week beginning 22nd February. As soon as we have the information we need to make plans for a safe reopening, we will share these with you. We are all very much looking forward to seeing all of the children in school once again.

Sources of Support for children and families

We are acutely aware that as lockdown goes on, there is an ever growing need for support for families. We have collated a few of the most recent offers that might be of interest to you. If you are struggling with finances, food, technology or the many challenges of life in a pandemic please contact us, we are here for you and we will do our very best to support you.



The Hope programme - Helping people cope with lockdown

The HOPE programme in Devon has gone digital and is available (and FREE!) to anyone living Devon. The 12 digital courses running in 2021 are available to anyone struggling with a long term condition, mental illness or with lockdown in general.



Free online courses to help people living in the South West to cope with life in 'lockdown'
Managing long-term physical or mental illness can be stressful, tiring and incredibly lonely at the best of times, but now more than ever.

On this free, 6 week online course you can meet others in the same situation, learn how to cope better, feel more in control and be more resilient.

Mindfulness	Goal Setting	Fatigue Management	Stress Management	Identify Personal Strengths
				
Gratitude Diaries	Dealing with Setbacks	Challenging Unhelpful Beliefs	Healthy Eating	Physical Activity
				

The courses start every month from **2nd February 2021**. You can complete the course at your own pace, with support from trained facilitators.

NHS

Places are limited! **First course starting 2nd February 2021**
Find out more or sign up today at <http://bit.ly/HOPESW>

 

The Hope Programme was developed by Coventry University and is delivered under current licence from Hope For The Community CIC.

BT Wifi Boost



BT have made a number of free Wi-Fi voucher codes available for schools to distribute to pupils aged 16 or under to support access to internet connectivity at home.

How will the Wi-Fi voucher codes work?

Each Wi-Fi voucher code will allow access to the internet on up to three devices at a time, for free, until the end of July 2021. Access will be provided through BT's network of over 5 million Wi-Fi hotspots around the country and includes comprehensive content filtering.

Please email or call the school office to ask for your Wi-Fi voucher code.



What support do families need with food poverty?

We have been asked to explore how we might improve the support given to people and families who find themselves needing help to get food and food parcels and would be grateful if you could fill in our quick survey that will help us understand the needs better.

You can fill in the survey anonymously but we are offering the chance to be entered into a free prize draw for a luxury hamper and to be entered into the draw you will need to enter your name and contact details. Click [here](#) to be taken to the survey.

A message from Kingsbridge Library

Although our libraries are currently closed for browsing, the wonderful team are offering a few lifeline services:

Virtual Library Visit

The Devon Libraries team have created a 14-minute video <http://bit.ly/Virtual-School-Visit-Exeter>, and accompanying downloadable activity sheet (attached), that will take children on a virtual tour of our largest library in Exeter. Through the video, children will find out about the resources they can access through all our 54 libraries across Devon and Torbay, what it means to have a library membership card and much more.

Digital Library

Devon Libraries have been increasing their catalogue of eBooks and eAudiobooks for children, including their *Beginner Reads* collection. This means that families who do not currently have access to books from school can find new things to read via their laptops, tablets, eReaders or smartphones.

For the grown ups, in addition to eBooks they have free access to eMagazines and newspapers, and other digital resources such as Ancestry Online.

You will need to be a library member to access these resources but joining online is free and easy via our website: Devon Libraries

Choose & Collect

If you are unable to access any of the online resources and need to borrow physical books, some of our local libraries are open for Choose & Collect. This service is currently strictly by appointment to make sure everyone stays safe. If you would like to arrange to collect a bagful of books handpicked for you by our library staff, then please contact the team at Kingsbridge Library on kingsbridge.library@librariesunlimited.org.uk.

With best wishes

A handwritten signature in black ink that reads "L. Garside".

Miss L Garside
Executive Head

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.