

PASTORAL BULLETIN: INFORMATION FOR FAMILIES

Week 27 beginning Monday 30th March

Message from the principal



A huge thank you to everyone for all their efforts during this difficult time. It's a different way of life for us all at the moment, but we know that our resilient students will display the same excellence they always do when facing a challenge.

Many thanks to all the key workers supporting our community and keeping us all safe. Ensure you follow all key advice. Stay home where possible and stay safe.



We want to hear from ERA heroes!

We know that lots of you are doing loads of brilliant work at home as well as learning new skills. We want to hear about your creative talents, your innovative work spaces, and any work you're proud of. Please share photos of your work, your 'PE lessons', recommended reads, your fantastic bakes or beautiful photos you have taken on a run through the countryside (while you practice social distancing). Please also let us know if a family member is a key worker you are proud of. We want to celebrate all ERA heroes in our fantastic community. Send to eraheroes@montsaye.northants.sch.uk stating you are happy to for us to share your work or photos.

Main contacts

General admin enquiries: admin@montsaye.northants.sch.uk

For ERA heroes: eraheroes@montsaye.northants.sch.uk

Progress Leaders: **7** cpetchey@montsaye.northants.sch.uk

8 jcooper@montsaye.northants.sch.uk **9** fmalins@montsaye.northants.sch.uk

10 hpickering@montsaye.northants.sch.uk **11** jroberts@montsaye.northants.sch.uk

12/13 kjones@montsaye.northants.sch.uk

Pastoral mentors:

lcoulson@montsaye.northants.sch.uk llong@montsaye.northants.sch.uk

awmorgan@montsaye.northants.sch.uk spatrick@montsaye.northants.sch.uk

How to contact any member of staff

Initial + surname + @montsaye.northants.sch.uk

E.G if you want to email Mr Berridge it is jberridge@montsaye.northants.sch.uk

My situation	Who to contact
I am struggling with my home learning	Use all the resources available/suggested, ask a friend or parent/carer. If you're still stuck, email your class teacher . Include the head of department as well in case your teacher is not available.
I can't log on to the home learning	Email your Progress leader
I can't access work electronically	If you have no computer access or perhaps unreliable wifi, you may need paper copies. If so, email our admin team at admin@montsaye.northants.sch.uk . Include your Progress leader too.
I have done some work or an activity I am proud of and I'd like to share it	If you have done some work or an activity you are proud of, and you would like to share it, send a photo to ERA heroes . This could be school work or a new skill / community work. In your email please indicate that you are happy for the work to be shared with the school community on our ERA heroes newsletter and / or social media.
I am worried about my safety or that of someone else.	If you have a concern about yourself or another student, you can email any of the pastoral mentors. They are still around to help you even if you aren't in school. They can also point you in the right direction for support, or advice.

Safety & wellbeing

How do you portray yourself online?



Before using online platforms or apps think about the following:

What are you wearing? Is it suitable to be in pyjamas? Should you be wearing day-clothes?



Who are you chatting to? Have you met them in person? Are they a similar age to you? Have you told people at home who you are talking to?



Where are you going to take the call? Should you move to the lounge or a shared area in the house?



What information are you sharing? Do they need to know about your personal details or data? Should you keep that information to yourself?



What language are you using? Should you think about who else might be in earshot on the other side of the camera? Is it age appropriate?



Montsaye ACADEMY

If you have a concern about yourself or another student, you can email any of the pastoral mentors. They are still around to help you even if you aren't in school. They can also point you in the right direction for support, or advice. Please find further links to support on our website: <https://www.montsaye.northants.sch.uk/parents/safeguarding/>



Wash your hands please

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 "helpline" (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 pat@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.

NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Who am I really chatting to online?

I'm so bored. What's it like where you live?

Love the pics you posted

Great game. Same time tomorrow?

I'm 14 next month. How old are you?

Private chat?

Chatting to you is the best part of my day

You are so funny. Wanna meet up?

Can I trust you with something?

You are so right. I hate that stuff too

Are you ignoring me?

If someone you only know online asks you...

- ...to meet up with them
- ...for personal information
- ...for pics or vids...

TELL A TRUSTED ADULT

Home learning

Suggested daily timetable



AM



PM

Monday	Tuesday	Wednesday	Thursday	Friday
English (including 30 mins reading reading)	Maths	Science	Humanities (geography and history)	PE, Performing Arts (music, drama, dance)
French	Business, IT, Computer Science, Art and Design	English	Maths	Science

Useful apps and online platforms



Effective home learning

Preparing yourself



- If possible, find a space that is tidy and organized.
- Sit at a table if you can



- If you have siblings or parents who working too, try sitting and working together.
- If you need quiet, sit in your room if you can.

During your day



- Plan your day. Make sure you know what you are doing when. Why not plan your day the night before?
- Write out a schedule (including breaks). See above for a suggested plan.



- Avoid distractions when you are working. Unless you need it for research, put your phone away for a while.



- Keep active! You are more likely to focus better on your work if you plan active breaks in between tasks

If you get stuck



- Ask a friend or family member – they might be able to help.



- Keep in touch using your school emails. We're still here to support you. If you don't get reply, it might be that they are poorly. Copy in another teacher too and we'll work together to help however we can.



- Click on any of the icons above to be taken to websites with lots of learning activities and support.

ERA Wellbeing: Keep occupied, be kind

Day 1 Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.	Day 2 Enter the Kindness Competition & submit by 13 th April – <i>see slide 2</i> https://www.ditchthelabel.org/choose-kindness-competition/	Day 3 Call a relative or friend who is far away and have a chat with them.	Day 4 Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.	Day 5 Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.	Day 6 Look at the resources and information available on the Young Minds website https://youngminds.org.uk/
Day 7 Visit a virtual museum! Go online and explore the collections. http://www.virtualmuseums.co.uk/museum/museums.html	Day 8 Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.	Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.	Day 10 Create an information booklet about the importance of hand washing and hygiene.	Day 11 Make your own riddle and see if anyone can guess what it is.	Day 12 Do something helpful for a friend or family member today.
Day 13 Find out all of the Fundamental British Values and create an informative poster on one of them.	Day 14 Send a positive message to all of your friends.	Day 15 Listen to your favourite song and make up a dance routine or a backing track.	Day 16 Explore the Titanic as an online tour. http://titanicvr.io/	Day 17 Make a card for someone's birthday/celebration coming up.	Day 18 Play a game that you haven't played in a while with someone else in your house.
Day 19 Hoover the stairs or a room in your house.	Day 20 Learn how to cook a meal and eat together.	Day 21 Leave a thank you note for someone else to find in your house.	Day 22 Research and produce a mind map and fact file about all the places in the world you would like to go.	Day 23 Write and illustrate a comic book or story to uplift people's spirits.	Day 24 Go on an online tour -parks https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzhsZolMnnaalaVfBKS3C0DRitzgncNloxUSelbKO9pXci4
Day 25 Read a book and plan a theme park around the main places, themes and characters.	Day 26 Find out which animals are soon to be extinct and create an advert to save one.	Day 27 Watch a film with someone at home and make sure you turn your phone off.	Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.	Day 29 Draw a picture of what you see in your garden or out of your window.	Day 30 Write down 5 things you are thankful for in your life.

Excellence
Resilience
Aspiration

Try to be a rainbow in
someone's cloud

Maya Angelou

