



FROM THE SCHOOL PRINCIPALS

With next Monday marking the beginning of a phased reopening of the school we will start to welcome back small groups of Y10 & Y12s for some face-to-face support sessions. Needless to say the safety of students and staff has been at the forefront of all the planning that has taken place in preparation for next weeks phased reopening.

I'm sure you will appreciate the complexity involved in ensuring that students and staff remain safe at all times and I'd like to take this opportunity to thank all the staff involved in the logistical planning that has enabled the process to move forward. The risk assessment is now complete and governors will be reviewing before making recommendations to the Wensum Trust and the Board of Trustees for final approval.

As previously indicated on Wednesday we will be sending out more details regarding next weeks phased reopening for our Y10 & Y12 students. This will include details of groupings, fortnightly rotation, time period allotted in school, classroom allocation, access points and most importantly strict rules on maintaining a safe environment for everyone involved.

Young Carers

Launched this week by Norfolk Safeguarding Board, Heroes at Home recognises the vital role young people play in supporting their loved ones at home and highlights the range of support available to help them.

It is estimated that there are more than 11,000 young carers in Norfolk and they will likely be facing increased pressure in the lockdown. At Hellesdon High, we are keen to know who is caring at home so that we can ensure that students are receiving any support that they may need.

Norfolk Safeguarding Children Partnership

Caring Together

Sara is a young carer, she's been supporting her mum who has depression and anxiety.

Does that sound like you?

HEROES AT HOME

Carers Matter Norfolk is here to help.
Visit www.youngcarersmatternorfolk.org
call the helpline 0800 083 1148 for friendly advice.



Class charts

Class charts has a new feature - a wellbeing check. You will notice the 'wellbeing' tab on your app and when you log into the website. This feature allows students to alert staff to how they are feeling. There is also the option for parents and carers to feedback on how their child is feeling as well. These alerts are monitored by the school pastoral team, and a member of staff will be in contact should there be a wellbeing concern. Please refer to page 12 of the attached Class Charts guide for more information.

Mental Health & Covid 19 Webinar

Are you finding lockdown hard? Are you concerned about the effect COVID-19 is having on your mental health? Why not join our webinar on 'Mental Health and COVID-19'!

Delivered by UEA students from our triple-award winning student union group 'Headucate', they will give you advice on mental well-being and tools for self-care; a myth-busting quiz about COVID-19 to help you distinguish fact from fiction; and scenario-based discussions about teenagers who are struggling during this pandemic.

To sign up to this FREE webinar simply follow the link and fill in the short form!

<https://app.geckoform.com/public/#/modern/FOEU014bFgCGupMI>

Mental Health & COVID-19: Live Webinar





We are providing 1 hour online sessions which are free, aimed at teenagers and will include:

- Advice on Mental Wellbeing and tools for self-care during COVID-19
- Myth-busting quiz about COVID-19 to help you distinguish fact from fiction!
- Scenario-based discussions about teenagers who are struggling during this pandemic

TEACHERS BOOK YOUR SESSION TODAY! FOR MORE INFORMATION, CONTACT US ON:

EMAIL: HEADUCATEUEA@HOTMAIL.COM	FACEBOOK: HEADUCATE: UEA	INSTAGRAM: @HEADUCATE_UEA
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