



PARENT BULLETIN

THURSDAY 16TH APRIL 2020

Message from the **Principal**

The Bank Holidays have resulted in fewer children attending school, but I would like to say how well they have done. It is hard being in school when others are not, and it takes a little getting used to the fact we have children from 5 primary schools as well, but all have been fantastic.

I also wish the best of luck to the staff leaving us at Easter; thank you for your hard work: Mr Lunnan, Mr Langton, Mrs Wade, Ms Moger, Mr Krakowski and Mr Stally.

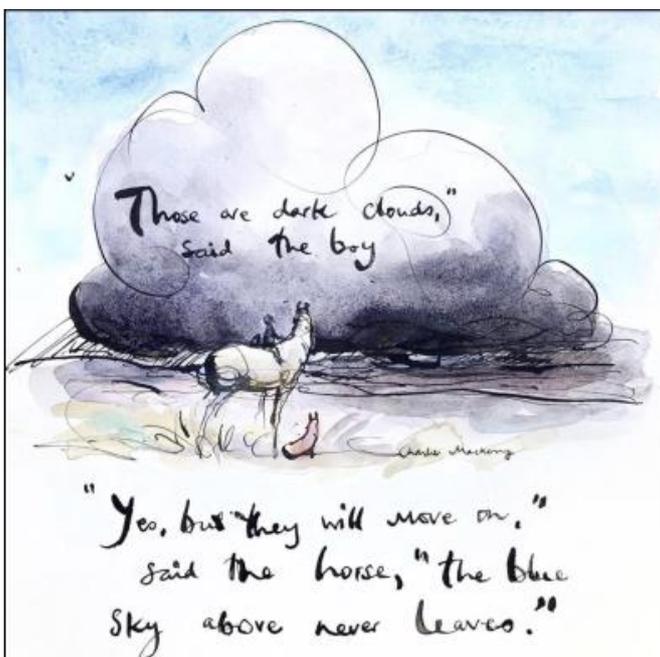
I also need to apologise to our parents/carers who are eligible for Free School Meals. Our canteen staff have done a brilliant job of providing for our families who have needed it, but now we are reliant on the national government voucher system, technical issues with the national website have let you down. While I hope these are now resolved, any families who are really struggling, please get in touch and we will do what we can.

E-Safety at home

At a time where students will be completing more home study than normal, it is important that your child's online activity is supervised appropriately and their use of the internet monitored. We have a number of websites we recommend to parents that offer a range of e-safety advice, please find them here:

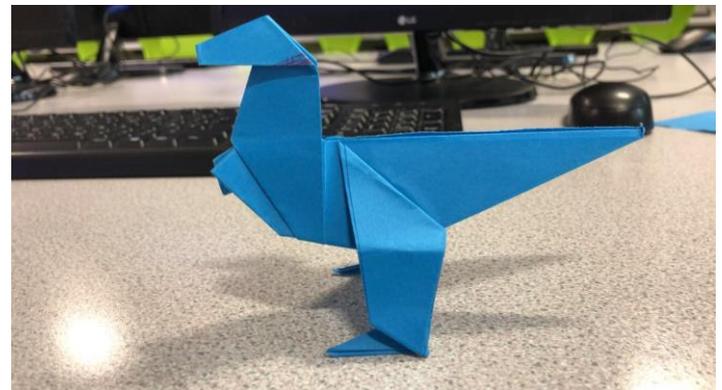
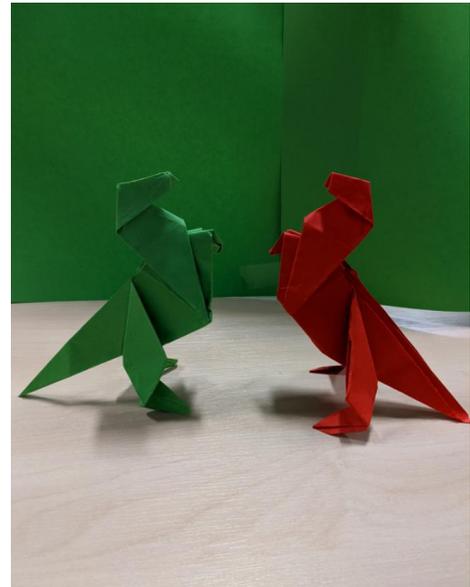
<https://www.marshacademy.org.uk/1105/e-safety-guidance>.

If you require any further support, please contact us.



Celebration of Students

This week has been a little quieter for those students in school and Lilly and Mr Bloomfield decided to learn origami on Friday. Here are their creations – well done!



BBC Bitesize

You may have heard that from Monday 20th April, BBC Bitesize are broadcasting lessons every day. Hopefully these may help some of you for whom the initial enthusiasm for home schooling is starting to drift a little! Good luck!

Mr Simmons Bad Maths Jokes

Why was 6 afraid of 7?

Because 7,8,9 (say it out loud!)

What did the zero say to the eight?

Nice belt! (think about it!)



Apps for Good Mental Health:



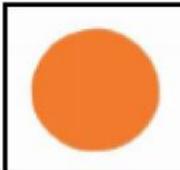
Chill Panda

Chill Panda is for children and adults who want to learn how to manage stress, relax and feel better. It uses your phone's camera to measure your heart rate and suggests playful tasks to suit your state of mind. Tasks include simple breathing techniques and lighter exercises to take your mind off your worries.



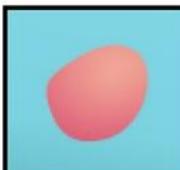
Calm Harm

Calm Harm is suitable for people who are trying to manage urges to self-harm. It is based on the principles of dialectical behaviour therapy – a type of talking of therapy that is often effective in people with mood disorders. The app suggests tasks to encourage users to distract themselves from urges to self-harm and help manage their emotional mind in a more positive way.



Headspace

Headspace helps you to let go of stress and relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. There are exercises on topics including managing anxiety, stress relief, breathing, happiness and focus.



Cove

Cove lets you create music to capture your mood and express how you feel. Instead of using words, create music to reflect emotions like joy, sadness, loneliness and anger. You can store your music in a private journal with text or send it to someone when you are struggling to express yourself through words.



Happy Not Perfect

Is a toolkit for your mind. Backed by science Happy Not Perfect enables you to play the daily happiness workout to reduce stress and improve sleep, learn breathing techniques, let go of negative thoughts, practice a positive mindset, meditate, set goals and track progress.



Cypher

Is an anonymous peer-to-peer social network. It is a space to share your thoughts, feelings and secrets, give and receive support and connect to other support organisations. You can create a virtual pet who gets happier the more good you do.



Thrive: Feel Stress Free

Feel Stress Free helps you manage stress, anxiety and related conditions. Use the app to relax before a stressful situation or as part of your regular routine.



iPrevail

iPrevail connects you with people who face similar situations and know what you're going through, with communities on stress, anxiety, depression and more.



Catch It

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



My Possible Self

The My Possible Self app aims to help you take control of your thoughts, feelings and behaviour. Use the app to help manage fear, anxiety and stress, and tackle unhelpful thinking.



Pzizz

The Pzizz app aims to help you stop your mind racing, get to sleep, stay asleep and wake up refreshed.



Health Unlocked

Use HealthUnlocked to find and connect with people with mental health conditions, including low mood, panic and anxiety.



Feeling Good

Feeling Good uses the principles of cognitive behavioural therapy to help improve thoughts and feelings, self-esteem and self-confidence.

