



PARENT BULLETIN

THURSDAY 2ND APRIL 2020

Message from the Principal

We hope that you are all staying safe and following the guidance and staying at home unless absolutely necessary. I know this is difficult, but really is saving lives.

The lockdown will be starting to feel hard for some people, particularly if you already struggle at times with your mental health, so while these bulletins will contain announcements and further work suggestions for our students, they will also be light hearted and may be a tiny way of trying to help keep perspective and give some respite from watching the news. We aim to stay in touch at least once or twice per week.

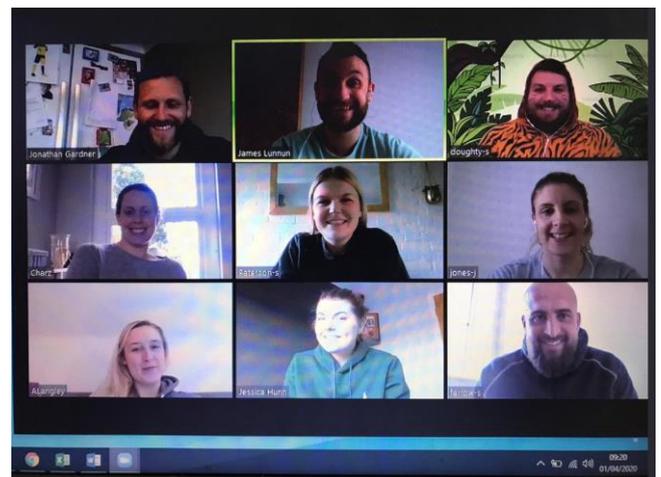


Marsh Academy PE Twitter

Please try to have a look at our PE department twitter page. You do not need to have twitter account to watch the videos being posted, simply type 'Marsh Academy PE Twitter' into Google and you will find it.

There are daily challenges (they literally only take one minute – better than Joe Wicks!) that we would love you to try at home and even better if you felt able to share with us. You will see your PE staff leading by example and trying them out; Mr Gardner doing burpees in full cricket whites and pads is well worth a watch and Mr Doughty..., well I can't describe it you should go and have a look!

There are also other staff joining in that might inspire, or perhaps more likely 'amuse' you and even a short tribute to the staff still at school supporting our students (doing star jumps!).





IF YOU NEED SUPPORT

10 Tips to help maintain your Mental Health

Tip #1: Remind yourself this is only a temporary period

At some point things will return to normal, so you only need to plan for the next few weeks. You can make plans on how to get the most out of your day, knowing that it is only a temporary measure.

Tip #2: Exercise

This has a proven record at helping to improve a person's mental health. According to Stephen Buckley, head of information at Mind: "Our physical health and mental health are linked so try to create a routine that includes some physical exercise.

Tip #3: Keep in touch with family and friends

Technology nowadays means you don't need to cut yourself off from the outside world. Anxiety UK says: "If you feel like you are beginning to struggle, take some time to call a friend or family member. Talk about how you're feeling. If you don't have anyone to speak to you can call emotional support lines like Samaritans or SANEline."

Tip #4: Use your garden

Fresh air also brings mental health benefits. You can use open spaces to collect your thoughts, do exercise, play games with your children and can even use it as an open study space.

Tip #5: Help the community

If you feel that you have a lot of free time you can use it in order to help the community, you could volunteer your time to help people in need of support.

Tip #6: Try different things

Sitting in front of a screen is not the best way to spend large amounts of time. Among the things you can try could include downloading podcasts, watching box sets, doing arts and crafts, meditation, cooking, reading and writing.

Tip #7: Try to have fun

You can improve your mental health by doing things that you enjoy. Whether that is listening to your favourite music, watching your favourite film, playing your favourite games and eating your favourite foods.

Tip #8: Get plenty of sleep

Mental Health UK says: "As far as possible, try to maintain as much as a routine as you can. Wake up and go to bed at healthy times to make sure you get enough sleep."

Tip #9: Maintain a good diet

You may find yourself wanting to eat unhealthy snacks and eating unbalanced meals as a way to entertain yourself.

Tip #10: Avoid the news where possible

A constant negative stream of news can affect your mental health, so you can limit this intake. The World Health Organisation says: "A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day."

KCC has launched a 24hr helpline: **Kent Together** to support vulnerable people who need urgent help, supplies or medication. This will provide a single, convenient point of contact for anyone in urgent need of help during the Coronavirus outbreak. If you are vulnerable and have an urgent need that cannot be met through existing support networks, or concerned about the welfare of someone else, contact **Kent Together** at www.kent.gov.uk/KentTogether or 03000 41 92 92.



FURTHER STUDENT WORK IDEAS

Learn Sign Language

British Sign Language courses are currently free at the moment to under 18s. This might be the ideal time to go online and learn a new skill. Parents / carers might even want to have ago.

<https://british-sign.zendesk.com/hc/en-us/articles/360044794654>

Lectures



Gresham College is a charity and historic institute of higher learning set up in 1597 to bring the 'new learning' to Londoners; we have been live-streaming our free lectures for the past 10 years and have an archive of 2,500 lectures (video and audio) + written transcripts online. Early Professors include Sir Christopher Wren and Robert Hooke.

<https://www.gresham.ac.uk/schools>

We have lectures across the spectrum of arts and sciences, with especially strong work in:

[Business/Economics](#)

Professor Alex Edman's lecture on [Choosing a Career](#) is particularly strong.

[English](#)

We recommend Sir Jonathan Bate's lectures on [Shakespeare](#) and the [Romantic Poets](#).

[Geography \(Environment\)](#)

Especially strong on environmental challenges, Climate Change, and Water.

[History](#)

A very wide range, including a recent series on [WWI](#).

[IT](#)

Emerging Issues in IT and a lot of lectures on AI, for example discussing 'superintelligence'.

[Law](#)

Lectures on [becoming a Barrister](#) by Professor Jo Delahunty QC.

[Medicine](#)

With lectures from Chris Whitty and a popular recent series on medical education.

[Maths](#)

Excellent series on the applications of Mathematics by Professor Chris Budd.

[Physics \(Astronomy\)](#)

An inspiring and popular series asking some of the biggest questions in the Universe.

[Religion](#)

Professor Alec Ryrie on Extreme Christianity, Atheism and the history of Religious Atrocities.

[Art](#)

For example, [20th century Chinese Art](#) by Professor Craig Clunas.

[Classics](#)

Professor Edith Hall - 3 short series; she's one of our best lecturers.

[Music](#)

Guitar Music, Christian Music and Russian Music feature strongly.

[Film and Media History](#)

from Professor Ian Christie

Dove's Self Esteem Project



Free digital resources for your school

Dove's Self-Esteem Project: Confident Me

We provide free expert resources & tools for parents to help build their child's self-esteem. These articles and conversation guides can all be found at Dove.com/SelfEsteem.

Pathway CTM

Pathway CTM are pleased to announce we have opened up all our digital events to all students (aged 15+) with immediate effect for any students within the Skinners Group who would like to join our free programme, please do sign up.

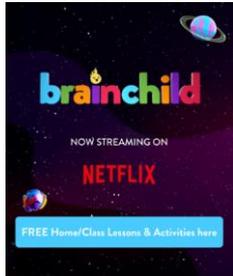
1. **Students please sign up here:** <https://pathwayctm.com/webinar-and-virtual-event-sign-up/>

'Pathway CTM is an award winning Social Enterprise that is transforming employability training, support and opportunities for schools and students. We provide an award-winning programme to thousands of students throughout the UK, helping young people make informed decisions about their next step from leaving school.'

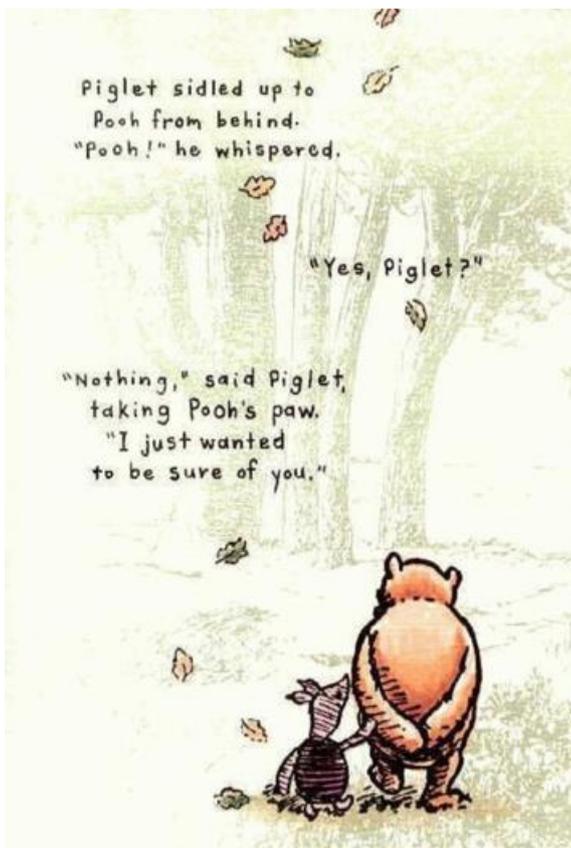


FURTHER STUDENT WORK IDEAS

Netflix Brainchild



If you have Netflix, they have a show, Brainchild, that explores the science of our world in a way that is 'refreshingly relatable'. Aimed toward the younger end of the school, but might be an interesting way to take a break but still feel like they are learning.



Community Activity

Make or write a Thank you card. This could be to a friend, parent, teacher, volunteer, ... I am sure it would be appreciated, especially at this time. Any that are sent to us, we will ensure they get to the right person. If this is difficult, there are many website that will allow you to send a virtual thank you card eg <https://thankateacher.co.uk/>

Keeping Homeschool Going...

Many people will be getting to the point where this is becoming less of a novelty and more challenging. For younger siblings this might help. When a child says 'I'm BORED!' you pick a stick from the pot. The rule is – they must do it. There could be half an hour of x-box time, or it might be to do the hoovering!



Mr Simmons' Brain Teaser

How many of the below can you name? No Googling to check. Clue: Number 1. The Simpsons.

