

8th February 2021

Dear Parent/Carer

I would like to start by saying a huge thank you for the ongoing support you have been giving your daughter over the last term. It has certainly been a tough one, and very different to what we were expecting when we left for our Christmas break, back in December. I have been so impressed with the way Year 10 have approached their online learning, they have been attending live lessons, completing work and communicating well with their teachers. Attendance to lessons is being monitored, so could you please reiterate to your daughter the importance of registering to all lessons on their google classroom.

I am aware that a day in front of a screen can feel like such hard work. We are not moving as much as we would at school, making us feel tired and achy, and sometimes unmotivated to complete work. With this in mind, and the fact that it is has been children's mental health week, our year 10 tutor team have been addressing wellbeing in their tutor times at the start of each day. There have been a number of different activities including some mindfulness sessions, Ted Talks (online inspirational talks) on what makes humans happy, 'would you rather' dilemma's where students have discussed different scenarios and decided which they would prefer, and 'Fun Friday' which has included quizzes; one tutor did a quiz on how well the form knew their tutor! Next week I am informed it will be based on the how well the girls know NSG – time to start revising!!

This week I have emailed your daughter and asked them to complete a short google form on their wellbeing. I am hoping that this information will enable me to better understand how your daughter is feeling at the moment, and to help me plan how to best support them upon our return to school. If your daughter has not yet completed this, could I please ask you to encourage them to do so.

With all the time spent on devices over lockdown it would seem fitting to highlight that it is safer internet day this week. This year in the UK, safer internet day is exploring reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction? Our tutors will be exploring some of these issues this week during their morning tutor time sessions.

I would like to finish by saying that although we are not physically in school at the moment, myself and the tutor team are here, online, to support your daughter. If your daughter is feeling worried about anything please ask her to email her tutor, or myself, and we will help to support her through this uncertain time. I have listed the contact details for the Year 10 Oak tutor team below. I have also attached a postcard to this email that provides some information on how you can support your daughter's mental health.

In addition, if you would like to speak to me regarding any concerns you may have, please email me and I can call you to discuss these.

Please pass on my thanks to your daughter for working so hard during this period of lockdown. I do hope they get to have some 'down' time next week, during half term, and get to spend some quality time away from the screen.



Yours sincerely



Mrs Nicola Morris
Head of Year 10 Oak

Year 10 Oak Tutor Team

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