

10 February 2021

Dear Parents and Carers,

We are nearly at the end of the first half of the Spring Term and it is encouraging to see how our Year 8s have adapted so positively to their new routines in remote learning. We continue to be astounded by their resilience and commitment to their studies and we are very thankful for your support throughout this period.

There is no doubt these past few weeks have been challenging for teachers, students, parents and carers alike. However, we must not forget to look after ourselves and each other during these taxing times. As a school we know how important it is to support our students' wellbeing and consequently the Year 8 tutors have been key in delivering this message to their tutees. Year 8s have been given the opportunity to talk openly about mental health in their tutor times, learning about different coping strategies to manage anxiety such as a 'self-soothe box' and using positive distractions such as thoughts of the day or brainteasers.

Last week was Children's Mental Health week and as the theme this year is 'Express yourself', our tutor groups have been discussing ways in which they can share their thoughts, feelings and ideas through creativity. Friday 12th February will also be Northamptonshire Mental Health Awareness day and students in Year 8 will have a chance to learn mindfulness techniques, putting into practice the 4-7-8 breathing methods to relax and calm themselves ready for a new day. We have also attached a list of prompts and websites to this letter that you may find useful when supporting your daughter's wellbeing at home.

As we continue to work on their wellbeing Year 8s will also be involved in activities regarding awareness of the dangers of the Internet and how to remain safe online to coincide with Safer Internet Day next week. This is even more vital now as ever before due to the amount of time students spend online doing their remote learning. Therefore we are hoping that the time spent at tutor times learning about these important issues will be well received and will help to increase understanding.

If you would appreciate further school support regarding your daughter's wellbeing, please do not hesitate to get in touch with her tutor using the contact details below or either of us as her Head of Year if you have any questions or concerns about any aspects of school.

We know our Year 8s have done a tremendous job and we are so proud that they have kept going under these demanding circumstances. With half term approaching we hope they find time to relax away from the screens for some quality time together with their families.

Yours sincerely



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Head of Year 8 Oak/Elm



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