

Dear Parent/Carer

As we move nearer to the time when the senior students go on study leave, we are reviewing the Covid measures that we have had to put in place to create a safe environment, and will continue to do so as the government's roadmap opens up. One of the changes that we shall be making from next week is in The Chill, where we have reviewed the rota and will be, hopefully, providing more time for the students to purchase and eat their food. This will continue to be reviewed and students will be updated as necessary via their Form Tutors.

Week commencing	Break 1 11.15am to 11.50am	Break 2 12.50pm to 1.25pm
3 May (B/H)	Q1 Y8 Q2 Y7 Q3 Y11	Q1 Y9 Q2 Y10 Q3 Y12/13
10 May	Q1 Exam students + Y12 Q2 Y9 Q3 Y7	Q1 Exam students + Y12 Q2 Y10 Q3 Y8
17 May	Q1 Exam students + Y12 Q2 Y8 Q3 Y9	Q1 Exam students + Y12 Q2 Y7 Q3 Y10
24 May	Q1 Y7 Q2 Y8	Q1 Y10 Q2 Y9

KOOTH and adult mental health

You may be aware that KOOTH operates discrete and confidential counselling for children and young people, but did you know that they also offer support to adults, called Qwell? Mental Health is one of the largest challenges for Global Public Health. 1 in 4 adults experience mental health issues, this in turn can affect the mental health of our children. KOOTH believes access to immediate high quality mental health care is a right, not a privilege.

Qwell is commissioned by NHS, Local Authorities and Charities to improve the mental health of entire populations of specific cohorts. Adults accessing Qwell can do so without the waiting lists or thresholds often associated with traditional services. Adults can join online peer support communities, access self-help materials, or engage in drop-in or booked one-to-one online chat sessions with their experienced counsellors. Qwell works in partnership with traditional community health, they offer a safe and confidential space to share experiences and gain support from their community and qualified professionals. When you join, Lincolnshire may not appear on the joining page, but if you join by choosing another location - this should take you through to their online members hub. Once you are a member you have access to some fantastic resources like the one attached that gives some top tips on talking to your child about their feelings. The link to join Qwell can be found here: <https://www.koothplc.com/our-products/adults>

Social Media Boycott

This might also help with your child's mental health – time away from their social media.

This weekend there is a sporting boycott of social media in a bid to force Twitter, Instagram, and Facebook to tackle the issues of online racism and discrimination. It starts at 3pm on Friday through to 11.59pm on Bank Holiday Monday when all social media accounts across many different sports will fall silent as part of a wider movement that includes football, cricket, rugby, tennis – to name a few. As a school, we are united in our commitment to fight racism and discrimination of all kinds and we do not tolerate the kind of discriminatory abuse

that has become so prevalent on social media platforms. Social media can play a very positive role in sport and all walks of life, widening its audience and connecting fans with their heroes in a way that was never possible before. However, people must be able to use these platforms safe in the knowledge they do not risk the prospect of facing abuse. Maybe this is a chance for us all to leave our phones alone for the holiday weekend and enjoy one another's company.

SENCO

Further to the email sent earlier this week, a reminder that our SENCO, Mrs Brooks, will be absent from school for a prolonged period. Should you need any support regarding SEN, Mrs Millband will be filling this role in the interim. Mrs Millband can be contacted via enquiries@carres.uk

Grade Validated Assessments: Year 11 and 13

All students have been given their timetables for the forthcoming assessment weeks. The timetables for these have been published on the school website. Please see the separate letter relating to issues for these two year groups.

Students should be available for assessments until 28 May.

And finally..... as we emerge from lockdown I would like to remind everybody that we are still operating under considerable constraints. It may be that next month we can relax the rules on facemasks in classrooms and larger groups can gather for events. However, we are actively seeking ways to improve the day to day school experience for the students at Carre's. More information will follow in the next couple of weeks.

The regular updates will now be every two weeks, but when there are important things about which we feel you should be aware we shall, of course, communicate with you directly.

Yours faithfully

N M Law
Headteacher