



7<sup>th</sup> January 2021

Dear Parent/Carers,

We would like to update you on the pastoral support available to students and parents this half-term. Our wellbeing focus is **'Keep Learning'**. Learning affects our wellbeing in lots of positive ways by helping us stay curious and engaged, giving us a sense of accomplishment, boosting our self-confidence and resilience and allowing us to connect with others, all of which is ever important in the current times.

The girls will be encouraged to participate in learning outside of the classroom by engaging in the following activities and sharing what they have done and learnt with their form group and form teacher each Thursday.

Week beginning	Keep Learning Suggested Activity
4 <sup>th</sup> Jan	Choose a book to read : Fiction or Non Fiction, a topic or storyline that interests you. Ebook links will be shared. Talk to your friends and family about the book
11 <sup>th</sup> Jan	Make a list of 5 things you would like to know about a bit more about. Choose 1 and spend 10-15mins reading about it online then share what you have found out with someone in your family or a friend.
18 <sup>th</sup> Jan	Take a tour of a virtual museum. Here is the link to the Natural History Museum in London. <a href="#">The Natural History Museum, London, United Kingdom — Google Arts &amp; Culture</a>
25 <sup>th</sup> Jan	Do or make something creative where you challenge yourself to try out a new technique. Share your work with family and friends.
1 <sup>st</sup> Feb	Learn to make a new recipe and share it with your family – eat together and enjoy the food and company.
8 <sup>th</sup> Feb	Children's Mental Health Week activity : Express Yourself

This is in addition to our enrichment curriculum, which will continue to run from next week with the exception of the Art club and most PE clubs however, the PE department will be giving additional physical activities for the students to do to keep them active. Please find the activities on offer on our website: [Enrichment - Ursuline High School](#).

We are also offering a series of webinars for parents and students. The parent webinars will take place at **12noon** each **Wednesday** and will then be made available on our website. The supporting student webinar will be delivered at 3:30pm each Wednesday.

This is with the exception of the Parent Q&A session around parenting support during Lockdown which will be **Friday 8<sup>th</sup> Jan at 1pm** [Click here to join the meeting](#). This will be with Mrs Alexander Assistant Headteacher for Inclusion and our School Social Worker Danica Neeson who can answer queries and questions you may have and see how we can support.



8 <sup>th</sup> Jan	Parental Q and A- Concerns at home during Lockdown- 1pm <a href="#">Click here to join the meeting</a>
13 <sup>th</sup> Jan	Exercise and staying healthy- 12.00 Ms Doyle <a href="#">Click here to join the meeting</a>
20 <sup>th</sup> Jan	Healthy eating- 12.00 Mrs Hoyles <a href="#">Click here to join the meeting</a>
3 <sup>rd</sup> Feb	Sleep habits-12.00 Ms Gilmore <a href="#">Click here to join the meeting</a>
10 <sup>th</sup> Feb	Safety online- 12.00 Mrs Alexander <a href="#">Click here to join the meeting</a>

We would also like to draw your attention to the following resources for parents which have been produced by the South West London and St Georges Trust and are shared with us as part of our involvement in the South West London Trailblazer group for mental wellbeing.

**Parenting Teens in Times of Uncertainty:**

<https://www.youtube.com/watch?v=HcW-3Dnh9sl>

**Supporting your Teenager with Anxiety:**

<https://www.youtube.com/watch?v=X5ZTggCEG98&t=286s>

**Supporting your Teenager with Lockdown:**

<https://www.youtube.com/watch?v=4xA4WWGpAcY&t=19s>

Should you have any concerns around your daughter's wellbeing then please do contact her Head of Year or Rachael Gilmore (Mental Health Lead) and we will endeavor to help your daughter get the right support.

Yours sincerely

**Michelle Alexander**

Assistant Headteacher Inclusion

**Rachael Gilmore**

(Mental Health Lead)

