

Headteacher: Miss Caitlin Macrae
27th April 2020

Dear parents, carers and students

Re – Weekly Update 4

I hope that you and your families remain safe and well. We are now into our fourth week of school closure, with lots of speculation in the media about when and how schools will be reopening in the future. I can confirm that schools have had absolutely no information on this to date from the government, so I have no idea when we might be asked to reopen. However, please be reassured that I will let you know of any announcements or guidance as soon as I have confirmation on the matter. When we do reopen, either partially or fully, the safety and wellbeing of students and staff will be of the utmost priority, so all planning in school will be done with this at the very forefront of our minds.

While students continue to learn at home, please do continue to encourage them to complete the work set, to the best of their ability and to contact their teachers by school email if they have any issues or questions. If your child is overwhelmed by the amount of work set, please do reassure them that they are expected to complete what they can, working at a pace that is manageable for them. If this means that they do not complete all the work set that is absolutely fine; please encourage them to contact their subject teacher or tutor for reassurance or help if they need it. We are so proud of our students for trying their best in these challenging circumstances.

Wellbeing

This week's wellbeing guide for students comes from Lucy Cook-Allen, a member of our Sixth Form Student Leadership Team. It will be sent out by tutors via school email this week to students in all year groups. Thank you to Lucy for providing this excellent resource. I look forward to the next installment, which will be from Charlie Stearn.

I have written to you about Kooth and Young Minds in my previous updates, organisations which support young people's mental health and wellbeing. There are other organisations that I would like to make you aware of this week:

- Chathealth – offering support, advice and guidance to 11-19 year olds on physical, mental health and wellbeing. Young people can text from 9am-5pm, Monday to Friday on 07480 635050. A School Nurse is operating the line during those times and will be able to provide a response on that day, usually within the hour.
- Herts Mind Network – offering early intervention and prevention helpline for children and young people aged 10-17 in Hertfordshire. The helpline will provide a safe, non-judgmental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information, signposting and discuss coping strategies. For opening hours and more information please visit the website <https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is 01923 256391. Opening times at the moment are:
Mon, Wed, Fri – 13:00 – 16:30

Headteacher: Miss Caitlin Macrae
Tues, Thurs – 17:00 – 19:30

Sat – 10:00 – 13:00

Herts Mind Network are also able to offer support to parents either through this line, or their 18+ 24/7 line, reached through the same number.

We have also been asked to make you aware of an important update from the NHS. The number of children attending Urgent Care and Emergency Departments has dropped, with families understandably concerned about taking their children to health settings at this time but this has resulted in some children presenting late and as a result being very unwell. The East & North Herts and West Herts Trust have produced the attached guidance for parents/carers when a child is unwell or injured.

Year 11 and Year 13 qualifications and learning resources

You will now have received a letter outlining the plans for awarding qualifications and learning resources for Year 11 and 13 from Mr Furness, Miss Waseem and Mrs Norwood. These letters can be found on our website

<https://www.highfield.herts.sch.uk/page/?title=Letters+Home&pid=77>. Learning resources, which will support students in preparing for their next steps in education, apprenticeships or employment can be found on the school website from today at the following links:

Year 13

<https://www.highfield.herts.sch.uk/page/?title=Year+13+Tasks&pid=79>

Year 11

<https://www.highfield.herts.sch.uk/page/?title=Year+11+Home+Learning+Resources&pid=78>

As always, if you would like to get in touch, please contact admin@highfield.herts.sch.uk and we will do our best to help.

Wishing you all the best of health.

Kind regards

Caitlin Macrae
Headteacher