

Well Being Bulletin

JANUARY
2021



I hope this newsletter finds you safe and well. We wanted to reach out in these difficult times and let you know how things have been going with remote learning. Thank you again for all your support, please have a look at our website for more information on wellbeing.

www.biddenham.beds.sch.uk/wellbeing/

This lockdown feels very different to the last full lockdown and we wanted to offer our support whenever it is needed. The students have risen to the challenge of learning remotely, attendance has been fantastic and staff have adapted to working from home creating resources that can be used remotely and having fun with students engaging in this way.

Many staff are also homeschooling their own children and appreciate seeing our students so engaged and interested in what they are learning, it makes everything worthwhile. As one member of staff commented recently "It feels so important to be doing this, to be keeping lessons alive and reaching out to our students. It genuinely makes me so happy to see them and I think part of that is seeing them happy, too." We understand the difficulties that you as families are encountering and hope that some of the resources in this newsletter will help.

Please do not hesitate to get in touch if you need any help and guidance. Please stay safe and look after each other and thank you again.

Regards

Clare Warburton

clare.warburton@biddenham.beds.sch.uk



HOW ARE YOU FEELING?

A simple way we look at wellbeing is feeling happy, comfortable and healthy. At Biddenham International school we consider your child's wellbeing to be vitally important, as research has consistently shown that there is a clear link between wellbeing and academic performance and achievement.

There are a variety of ways in which we aim to support young people's wellbeing at Biddenham International School and we hope this section of the website also supports you to understand your child's wellbeing as well as give them the tools to maintain their own wellbeing.

If you do have any concerns about your child's well being please don't hesitate to contact their tutor or Head of Year.

<https://bedsveru.org/wp-content/uploads/2021/01/Parents-support-document-Bedfordshire-Nov2020.pdf>

Tier 1 - Universal (for everybody)

- Health and well being curriculum in essential life skills (ELS) and weekly wellbeing tutor time activities
- Student and parent advice via our website
 - Self care tips

Tier 2 - Children who may be vulnerable to mental health difficulties.

- In house school support
 - Sixth form mentoring
- Tutor time sessions in sanctuary
- Sanctuary support (drop ins or one to one support)
- Kooth (online counselling)

Tier 3 - Moderate to more severe mental health difficulties. Specialist services available to Biddenham students

Bedford Open Door counselling
CAMHS
Aquarius
School Nursing service
CHUMS
Early Help

YEAR 7

I am incredibly proud of Year 7 and how they have adapted to online learning.

Their attendance to both tutor sessions and lessons is excellent. Teachers are particularly impressed with the determination and resilience shown by the students. I think it is also safe to say that their enthusiasm brightens up our day - in addition to their fabulous class work, we have enjoyed seeing pets, favourite books, christmas presents and younger siblings to name a few! Please do have a conversation with your child about their learning and ask them to show their work to you. We would like to ensure students are accessing their sessions on time and also, that they are speaking to their tutor or subject teachers if they are struggling.

Thank you for your continued support.

Mrs Gill
Head of Year 7

Activities and resources

<https://www.penguin.co.uk/podcasts.html>

Online books, activities, podcasts and interviews with authors.

https://virtual-library.culturalservices.net/webingres/bedfordshire/vlib/0.beds_libraries/coronavirus_bbc.htm

We are encouraging students to read for pleasure at least three times a week. With current restrictions, they are unable to visit the library but they can sign up online and borrow books using the 'select and collect' service.

<https://www.nhm.ac.uk/>

The official website of the 'Natural History Museum'. We can't have days out but there's nothing stopping students from taking a virtual tour of the museum and finding out more about:

- ***Dinosaurs***
- ***How to make a volcano at home***
- ***Making a sun print***
- ***Cross stitching a dodo***
- ***Making a bird feeder***

These are just a few examples of the fantastic resources they can access! Students can send an image of what they have created to their tutors.

YEAR 8

Attendance to tutor time and lessons has been very high and the engagement in lessons has delighted the teaching staff.

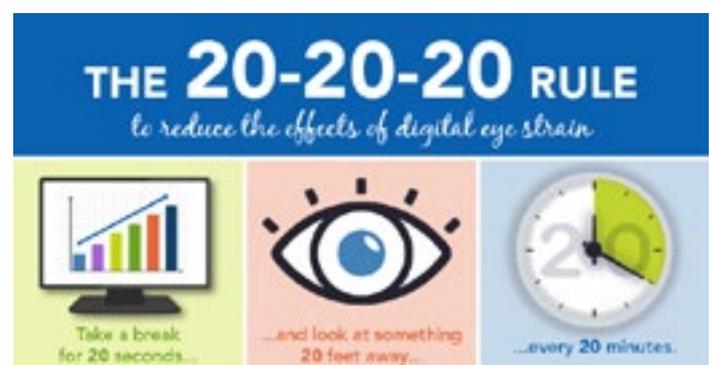
Balancing the daily challenges of family life, while trying to engage our children in online learning is always going to be difficult, and stressful.

I know that my children have made several unplanned visits to my online lessons asking for “snacks” (have they always consumed so much food during the school day?!) or occasionally the doorbell has rang with a parcel, but we adapt and carry on. I know the year group has a similar mindset with their lessons and it is to be commended.

So please continue to praise their engagement in the lessons, ensure they have some fresh air to help with their mental health and please feel free to approach your child’s tutor if you have concerns or questions.

Mr Evans
Head of Year 8

LOOK AFTER YOUR HEALTH WHEN WORKING ON LINE



YEAR 9

We find ourselves in a very different kind of lockdown this time, without the nice weather to distract us.

I hope that the year 9 students following their full timetables has given some much needed structure to remote learning. The students are working incredibly hard within their live lessons and completing some brilliant work. It is great when they feel so proud of what they have produced that they send it to their tutors or myself. Many students are continuing to complete coursework that will set them up for their GCSE grades in the years to come.

I understand that we will all find some days harder than others, but hope that the students feel able to reach out to a trusted member of staff during their hard days. They could speak to their tutor during their morning session, complete one of the regular questionnaires coming out from me or attend a drop in session on a Thursday lunchtime (via the notices classroom). We are all here to help them, they need only tell us.

Mrs Stephenson
Head of Year 9

Whilst you are at home together it might be worth looking at some of the following activities as a family:

Home court app - keeps us active whilst we are inside, with game and challenges (available via the app store)

<https://gamesnight.macmillan.org.uk> quizzes and escape rooms set up by Macillan, they ask for a donation but not a specific amount.

www.sportengland.org - lots of tips on how to keep active, and activity challenges.

The book of hopes - a book written with 110 children's authors last lockdown.

<https://literacytrust.org.uk>

Please do not hesitate to get in contact with me if you have any queries or concerns, or if you require any support at this time.

YEAR 10

I am so pleased with the attendance and engagement of our Year 10 students during the Online Learning period.

The number of emails I have received praising RS groups, Art classes, English projects and IT and Computing sessions has been astronomical!

The adaptability and resilience shown by all is admirable, and such high levels of engagement and interaction are fantastic during such a tricky period.

I would like to thank our Year 10 students for their commitment, but I would also like to extend these thanks to the families and friends who are supporting Year 10 along the way.

If any student is struggling or having difficulty with their Chromebook I would like to encourage them to reach out to their form tutor via email to receive support and guidance.

Thank you again for your continued support.

Miss Lilley Moncrieff
Head of Year 10

Helpful resources and activities

<https://anchor.fm/ivyhouse>
‘Extraordinary Unplugged’ by IvyHouse - a podcast series exploring success and setting realistic expectations of yourself

www.themix.org.uk
Essential Life Support for Under 25s

<https://www.bl.uk/>
The British Library Website

<https://virtual-library.cultural-services.net/cgi-bin/vlib.sh>
Bedford Borough Council’s Virtual Library (sign up and use is free for residents in Bedford!)

<https://www.kooth.com/>
Kooth.com Mental Health Support for Young People



Anna Freud
National Centre for
Children and Families

FOR LEAFLET VISIT

www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/

Talking mental health with young people at secondary school



**Some advice for
parents and carers**

YEAR 11

This lock down has been tougher with the colder weather and shorter days, however I feel year 11 have taken the bull by the horns and stepped up to the challenge.

From starting the day at 8am with their tutors discussing how they are feeling and ways to cope with their emotional health to engagement and interaction with their subject teachers. I hope you as parents have also noticed a better and more productive routine.

It is a tough time especially with the uncertainty around their GCSE and BTEC qualifications, please encourage your child to attend all of their lessons, complete work set and not to worry about communicating with their teachers when they are stuck, we are here to help.

Abi Speight
Head of Year 11

Here are activities you and your child could engage in together

<https://specialprojects.news24.com/coronavirus/lockdown-activities/index.html>

Here is some advice to support your child in lock down, from mental health concerns, to making sure they stick to the rules without impacting on your relationship

<https://www.barnardos.org.uk/blog/how-help-your-teenager-staying-home-during-lockdown>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Here is some advice to support your child when they return to school

<https://www.priorygroup.com/blog/managing-children-s-fears-around-returning-to-school-after-coronavirus-lockdown>

6TH FORM

We hope that you are all well and have adjusted to this latest lockdown.

We understand the challenges and difficulties that you are all facing and appreciate that everyone has a different set of circumstances to cope with.

Please feel assured that we are here to help and support you all through these uncertain times. It is especially challenging for those students that were expecting to sit exams this summer and as soon as we know how the grading process is going to work then we will write to you to let you know.

So far we have been immensely proud of the way that the sixth form students have adapted and engaged with their online learning. The attendance has been magnificent and we hope that this continues. One of the key aspects to all of this is our communication with each other, we will do our utmost to ensure that you are all well informed of any changes that will have an effect on your learning but please make sure that you stay in contact with your staff. This may be just to check in with your tutor to have a chat or to let subject teachers know that you are having internet problems, but the more we know the more we will be able to help. If you have any worries or concerns then please feel free to email me at alan.brown@mybiddenham.com and we will get back to you as soon as possible.

Take good care of yourselves and your families and stay safe.

Mr. Brown
Head of Sixth Form

Sixth Form Additional Information

Having this time is a great opportunity to consider potential career pathways and opportunities. To help with this then do not forget to access your Unifrog account, there are a number of activities and questionnaires there for you to consider possible careers;

<https://www.unifrog.org/>

For those of you in Year 12 considering university applications then now is a great time to look at and get used to the array of information available on the UCAS website, you will be using a great deal in the months to come;

<https://www.ucas.com/>

If you have been finding life in lockdown challenging then do not forget you can reach out on Kooth;

<https://www.kooth.com/>

Please also do not forget the importance of getting outside to exercise and have a break from your screens, mobile phones included!!

<https://www.bedford.gov.uk/parking-roads-and-travel/walking-and-cycling/promoted-walks/>

You could also try a family workout;

<https://www.youtube.com/user/thebodycoach/>

D'you think we should talk to Sarah about

Mental Health?



But I can just picture the response...



Get off my back, OK?



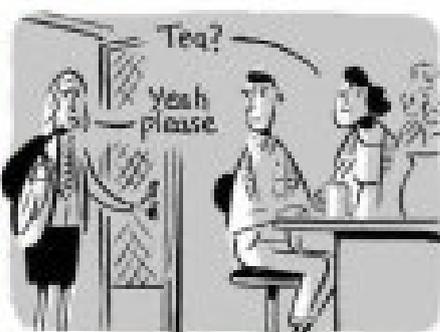
So what am I crazy now?



GOD this is so embarrassing



Mmp



Find out how to start your conversation today at time-to-change.org.uk/parents

Funded by



Additional Information

The following is advice and information for students, parents, carers and families.

<https://specialprojects.news24.com/coronavirus/lockdown-activities/index.html>

Here is some advice to support your child in lock down, from mental health concerns, to making sure they stick to the rules without impacting on your relationship

<https://www.barnardos.org.uk/blog/how-help-your-teenager-staying-home-during-lockdown>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Here is some advice to support your child when they return to school

<https://www.priorygroup.com/blog/managing-children-s-fears-around-returning-to-school-after-coronavirus-lockdown>

<https://www.net-aware.org.uk/networks/>

This website allows parents/ carers to search a social media/ gaming platform and find out the age rating and tips on how to keep your child safe online when they are accessing these sites.

A recent article highlights the safety risks around the site 'Among us'.

More information about this can be found on

https://www.familiesonline.co.uk/news/warning-as-children-sent-sexual-and-abusive-messages-on-among-us?fbclid=IwAR1VuJm_vHtOE-ydqTaXFy7aJXbgx53Hb6tR7Vhl6npTB-KM1LU0ndB92Bl

Here are some tips to support you in maintaining a healthy sleep routine for your child:

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

This site has tips, advice and guidance on where young people can get support for their mental health during the coronavirus pandemic.

Dubmash is a video editing mobile app where you can make short videos. It allows users to post their 'dubsmashes' to their profile and follow others. The minimum age for Dubsmash is 13+ and this is with supervision of a parent or guardian. Please follow this link to find out more about keeping your child safe <https://dubsmash.com/help>

The PSHE Association have granted their Quality Mark to 'Values, Money and Me', a free online resource from Experian to help KS1 and KS2 pupils explore the world of money and economic wellbeing.

Values, Money and Me contains 10 character-led story units, each of which centres on a storybook with accompanying downloadable lesson plans and classroom materials, as well as online interactive quizzes and games. Pupils following the lives and Here are Here experiences of the stories' characters, who are all dealing with dilemmas and challenges around money. <https://www.valuesmoneyand-me.co.uk>

For information about Domestic Abuse

<https://bedsdv.org.uk/covid-19/>

nshn

The National Self Harm Network



**Advice for
friends, family
& carers**

**Website and
support forum**

www.nshn.co.uk