



Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

SUMMER 2020 NEWSLETTER

Hello All

As we come to the end of the academic year, and for me my first year in charge at Shirley High School, we can all look back on the challenges we have faced and the innovative ways we have adapted to those challenges. I personally look back and reflect on what has been an exciting, emotional and rewarding time. Of all the challenges faced, my overriding feeling this year has been pride. I am proud to be the Principal of Shirley High School, a fully comprehensive school; one that is multicultural, diverse and reflects values and beliefs of a modern society. I am proud of the students of our school that have risen to the new expectations we have set for them. I am proud of the staff that have gone above and beyond to deliver the education that all students across the world deserve and I am proud of our community for the way that we have all rallied together to support each other in this time of crisis. The beauty of moments in time is that they pass and when they do it is what is still standing that matters. Shirley High School will be waiting for all our students and our community in September, ready to continue our journey to be exceptional in all aspects of school life.

What schools across the country look like in September will be different depending on their individual circumstances and resources. What Shirley looks like will be as close to normal as we can make it as we believe that is best for the academic and pastoral development of our students. Full and further details are in my letter to all families that you would have received on the last day of term. For now I want to concentrate on the amazing events and achievements of our students which are highlighted in this newsletter. The world is full of amazing people and so is our school. Our job is to provide the resources and opportunities for all students to fulfil their potential. We are delighted that when our students return they will see all the changes we have made. Improved classrooms, new media suites, new lockers, new staff, new technology in classrooms, new behaviour expectations, new marking and feedback expectations and many, many more. We are determined to deliver the education that provides students with the opportunities to be the best in the world at whatever they decide to do and we make no apologies for the high expectations we set.

I'm sure I will be in contact with you all during the summer as we adjust to changing guidance and expectations from central and local government. Until then, please can I ask you all to do one thing, please recharge. Take time to reflect on the impact of these events and how you can support yourself and family so that their futures are not defined by this moment in time. We have to accept the world has changed but our expectations haven't; what we all need to do is to adjust and find the best way to be successful in all aspects of our lives. We are all in this together and together **#weareshirley**.

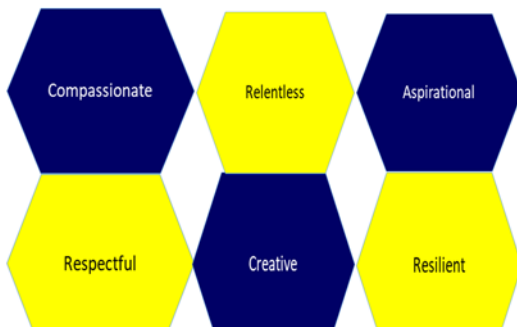
T Myton - Principal

Our Mission:

Shirley High School's mission is to offer a high quality education to all learners within an inclusive and respectful environment. An environment where all are consistently challenged and supported to be successful, well rounded global citizens.



Our Mentoring Values



SPECIAL DATES OF INTEREST:

- Friday 17 July 2020 - School closes for Summer break
- Thursday 3 September 2020 - Year 7 & 12 students only
- Friday 4 September 2020 - All students in school

Please see our website for up to date information regarding school times and events in light of any changes due to COVID 19.

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Commendations

Please see below how many students were awarded commendations from September 2019 - Friday 20 March 2020

Silver & Bronze Certificates
464 Students



100% Attendance
224 Students

100% Punctuality (no lates)

333 Students

CONGRATULATIONS TO ALL ON THESE FANTASTIC ACHIEVEMENTS!
Ms M Francis
Senior Vice Principal

100% Positive Behaviour
173 Students

REMOTE LEARNING NOW AND BEYOND

I would like to take the opportunity to thank all Shirley High School staff for helping to deliver excellent online lessons to our learners during these challenging times.

I have been fortunate enough to observe online lessons across different year groups and across different subjects. I recognise the hard work that has gone into the planning of both the lessons and the lesson resources. In addition, I would also like to praise all Shirley High School learners who have organised themselves magnificently: attending online lessons promptly, verbally contributing in virtual online lessons and submitting entries for our numerous online Isolation Challenges.

As a Senior Leadership Team, we are busy planning for September 2020 and hope to welcome back all of our learners who we have missed. However, we are mindful that the Government's guidance may change and will continue to focus on online remote learning to support the education of our learners.

Mr C Nicholson - Associate Vice Principal

YEAR 13 NEWS

It has been very quiet in the Sixth Form block and we have missed seeing our Year 13 students this term. We have not been able to run our traditional end of Year 13 events, the Leavers Brunch and the Leavers Ball at Farleigh Golf Club. This would have been on the evening of the hottest day of the year and the venue would have been stunning in the evening.

Year 13 students have continued working during lockdown to complete their subject specifications and Non Examined Assessments showing excellent resilience and aspiration. This work will be vital for Higher and Further Education and apprenticeships.

At the time of writing 66 students have either made their firm choices or accepted final places and all those considering further education courses have places. This is the largest Sixth Form cohort to date moving into Higher and Further education and training.

Some of the Universities that our students have offers for are , University College, Kings College, Queen Mary College, all part of the University of London, Exeter, Southampton, Portsmouth, Loughborough, Brunel and Brighton. Course choices include Natural Sciences, Politics and International Relations, Nursing, Law, Theatre Design, Film and Media production, Business Finance, Accounting and Neuroscience.

The Sixth Form Team and students are eagerly awaiting results on the 13 August 2020 and we hope that all our students reap the rewards of all the hard work they put in throughout Year 12 and before lockdown.

Mrs L Harris - Head of Sixth Form



SHIRLEY HIGH SCHOOL
Sixth Form

ENROLLING NOW

See our website:
www.shirley.croydon.sch.uk

The banner features four images: a gymnast in a red outfit performing a backflip, a group of students in formal attire talking, two students looking at a document, and a student stacking cans.

‘Students in the Sixth Form make good progress and reach high levels of attainment’.

We started the year knowing we had some great A level and BTEC results;

85% A*-D A level

100% Pass Rate

100% of those applying to university secured their places

Prior to the events of recent months, both Year 12 & 13 students gave a great deal to the life of the school; mentoring younger students, organising charity activities, running assemblies, helping with school shows & concerts. They also enjoyed Christmas socials, school trips, team building days etc. Sadly due to COVID 19 many things were unable to take place – Year 13 Leavers Ball, Year 13 Leavers lunch, Year 12 Summer Camp, Year 12 work shadowing – to name but a few.

I know that during this time, many students and families have had to deal with painful situations and challenging conditions. I commend all our Post 16 students for staying strong and resilient. Our young people have had to face a huge amount of challenges and many have worked hard in spite of the difficulties they have faced. Even when coping with studying online (Year 12) or the uncertainty surrounding results (Year 13) some have helped in the local community e.g. Ben Franklin a Year 13 student made PPE from home.

It was great to welcome back Year 12 on 15 June 2020 and to hear their laughter and chat reverberate around the Sixth Form block. Zoom lessons have been well attended and essential during this time but nothing can replace face to face teaching and learning. All students choosing to access the In school provision have commented on how much these sessions have meant to them.

As the holidays draw near I am mindful that Year 13 students are awaiting their results and the chance to move forward with their lives after what has been a tremendously stressful period. Most are going off to university, others to work and some to higher apprenticeships. We wish them all the very best, they so deserve it.

A Level and BTEC Level Three Results Day is on Thursday 13 August 2020. This year it will take place outside (weather permitting) in Russell Square and we intend to celebrate in style! We hope that the Sixth Form Alumni Events scheduled for 2020/21 will give us the chance to host a celebration for the class of 2020.

They will not be forgotten

Finally the current Year 12 students have worked with commitment and energy this year; studying for much of the time from home, helping younger siblings and trying to remain calm about next year’s exams are just a few of the challenges they have had to deal with.

They certainly merit a splendid summer holiday, one that recharges the batteries in preparation for the year ahead. We will be offering extra support as they begin their Year 13 journey to help students catch up with their studies and also to deal with the challenges they have faced whilst in lockdown.

Ms B Doherty –Vice Principal KS5



Shirley High School Sixth Form

Sixth Form Enrolment

Thursday 20th August and Tuesday 25th August 2020
9.30am - 3pm

The banner features a collage of images: a student stacking cans, a group of students in formal attire, and a gymnast performing a backflip.

'Step into Sixth Form' A Virtual Induction Day

This was a fantastic opportunity for students to find out more about the Sixth Form, its staff and the courses and experiences on offer.

Step Into Sixth Form was a little different this year as we found ourselves in a challenging situation, unable to host large gatherings and restrictions due to social distancing.

Usually, on the day, students hoping to join us in Year 12 attended various workshops such as Study Skills, Team Work & Prom Planning, all of which are designed to give students a "day in the life" of a Sixth Form student; as well as starting to get them ready for study at Post 16.

However, we were excited to host our Sixth Form Induction in a completely different medium – a virtual one! This has meant that prospective students were still able to receive the same information; they would have received in person. Also, candidates who may have missed the event in previous years, this year, are able to experience the event at any time in the comfort of their own homes. Parents / Carers for the first time were also able to access this information about our Sixth Form.

There has been a very high level of participation as could be seen by the numbers who have already accessed the links.

As well as the Induction links, all prospective Year 12 students have been advised to access the Transition work from Year 11 into Year 12 which is available on Fronter.

To access the Induction links:

Introduction to Sixth Form <https://youtu.be/64XLFBtQ65E>

Link for information on Independent Study <https://youtu.be/eQSFfYI4w8U>

We hope to see all Shirley High applicants at enrolment on Thursday 20 August 2020 after collecting their results. Tuesday 25 August 2020 is open for all non SHS applicants and those who could not make it on the Thursday.

Good Luck to all Year 11s on your results and enjoy your summer.

Mrs Kelly Sixth Form Administrator

BOOK OF EXCELLENCE

The following students have been recognised for their outstanding work in particular subjects. Their names have been entered in the School's Book of Excellence.....

Contribution to the Taster Day Virtual Tour:

Zephyr Wallinets 7Y

Sinai Barnor 7I

Shamah Samali 9H

Khira Kadri 9H and Elisha Nsakala 8Y

Ikram Islam 12ISociology Essay

Cody Hanson 8S.....Sociology Essay

Joshua Mark 7S.....Sociology Research

William Milne 10VTG:

(Mrs Barter has made me aware of William's film called 'Daisy and the Pandemic' on You Tube, designed to help younger children understand what is going on in their lives at the moment. I understand he has a passion for making films and wrote, filmed and edited this film himself. Also I believe there is to be an article in the i-newspaper about William and his film. William is a truly inspirational young man. Mrs Barter has told me about his passion for creative writing. I hear that he writes his own poetry and is currently writing his autobiography. I look forward to reading some of his work in the future).

Well done to all the above mentioned students!

T Myton - Principal

KEYWORKER SESSION

In one of the Keyworker sessions on Tuesday 23 June 2020, students were given a challenge.... Build the tallest tower from just spaghetti and marshmallows. After discussing the finer points of the geometry of architecture and the tensile strength of pasta, the group were given 5 minutes to design their tower. The students then had 30 minutes, with a pause at the 20 minute mark for reflection and a focus on resilience, to build their tower with varying results!

The tallest tower was built by Nicholas Nicholls 9L and stood at 57cm, pipping Harley Walker 8I, whose tower was initially taller but had an issue with sagging at the crucial moment of measuring.

It was great to see the group active and focussed and maybe more success would have been had if more of the marshmallows made it into the construction!

Mrs V Perry (Head of Vocational Studies)



News from the Geography Department: Summer 2020

Well a lot has happened in the world since our last Geography news, and as a department we hope that you are all well and safe. As part of our A level studies we have always discussed the complexities of Globalisation and Global governance, the many threats to peace and always said that the greatest threat was a virus which could also bring the world together in its governance. Well we have certainly had a chance to study some of this.

There should have been lots of photos and updates about fieldwork, but instead we have had to find other ways. We have given students of all key stages the opportunity to take part in live Geography field work experiences via the Field Studies Council. These lessons are now recorded and on line if anyone wishes to revisit. <https://www.field-studies-council.org/2020/03/31/fsc-fieldworklive/>

We have been so impressed with our learners who have embraced home learning and followed our on line and recorded lessons and thank all parents for their support in these strange times.

Whilst there are many Geography stars, the department (Mr Lewis, Mrs Tune, Mr Asabere and Ms Chenery) have identified some students for extra recognition as we feel that they really embrace what it is to be a Shirley learner: So, some **Geography SHOUT OUTS** to:

Year 7

Pratham Prathap 7E, Jaedon Hutson 7E, Ella Chapman 7R, Benjamin Ferrara-Forbes7R, Lexie Wilson 7R, Redeat Gebremariam 7H, Summer Elliot 7S, Lily Mae Murphy 7S, Marvin Rosario Valdez 7S, Zephyr Walinets 7Y, , Sonia Crisan 7L, Libby Berry 7Y, Olivia Villanueva 7Y, Lily Adams 7Y, Mollie Power- Gibbs 7L, Millie Fahey 7L and Audrey Asante 7S for her help in Year 7 transition.



Year 8

Kyle Barton 8Y, Sofie Hristova 8S, Filip Nowak 8S, Preesha Patel 8S, Liam Ruddock 8S, Nickolas Zanetta 8S, Joel Konadu 8R, Jakub Kujawski 8R, Elize Raif 8Y, Christabel Olika 8E, Nesha Philips 8H, Claire Wabara 8E, Diamontaye Page 8H, Peniel Masebo 8H, Jay Luong 8E and Malachi Wright 8E.

Year 9

George Carter 9Y and Lyndon William-Ibe 9S: much improved work thank you, Annelie Najorka 9S, Abena Amponsem 9Y, Chloe Flint 9S, Manny Olika 9L, Annabelle Parker9Y, Anjanakrishna Rajendraprasad 9S, Lucy Smith 9Y, Amie Stafford 9H, Elba Malundo 9I, Katie Berry 9H, Tye McCarthy 9I, Amber Odium 9L, Havin Sorgun 9E, Tyrone Gweshe 9S, Angelo Duarte 9I and Mackenzie Gunstone 9L.

YEAR 10

Rodiat Ajibola 10E, Daniel Jones 10S, Temiloluwa Adejuwon10S, Yusuf Gulec 10L, Lema Ashrafe 10I, George Suter 10L, Henzo Coimbra 10H, Haozhe Zheng 10L, Moroluwa Adejuwon 10Y, Andre Palmer 10R, Mia Kerr 10Y, Saiveer Singh 10R, Jacob Webber 10R, Jada Simpson 10L, Summer Davis 10S, Lyla Kelly-Pears 10E, Soriya Gregory 10S, Shannon Swan 10S, Stephanie Graca De Costa 10L, Leanne Agyemang-Duah 10S and Devonte McKenzie 10I (input in lesson) and many more of you. Keep it up! It was lovely to see you for lessons this week.

Year 11

Akanksh Bhavsar 11S, Omm Bhavsar 11Y, Bushra Choudhury 11R, Jack Danton 11R, Thea Savva 11Y, Rhys Sayeed 11I, Tayla-Lea Simpson 11Y, Benjamin Waller 11Y, Jaslyn Allen 11S, Anna Lackova 11Y, Grace Salami 11Y, Gwennie Sowrey-Lewin 11E, Agnes Agyei 11S, Adam Bridgeland 11L, Lordena Kwakye 11Y, Jeyhan Osman 11L, Elise Green 11I, Sophie Stafford 11S, Meremba Ginet 11E, Will Taylor 11Y, Chelsey Scerri 11Y, Imogen Foot 11E and Amy Crowther 11R. We lookforward to seeing you back with us for the next stage of your learning journey and wish you all the best in the future.

Year 12

All have you have been committed to your studies but a special shout out to Caitlin Neville 12H, Sadeeqa Walters 12S, Joshua Hopkins 12S who have gone that extra mile.

Our AMAZING Year 11 and 13: We really admire how Year 11 and 13 have conducted themselves and dealt with the Covid situation. We really wish you all well with the next steps, but know some of you have worked hard all year, so a special thank you to :

Year 13

You have been an amazing group and I regret that we never got our Dorset trip. Mr Lewis and I really wish you all the best in the next stage of your journey. Rahman Samad 13S: you worked so hard in Year 13 and really showed a strength in character, Harry Brooker 13S: you have a very bright future ahead of you, keep surprising the world! Hayley Power 13I: there are no words, you are amazing and such a gifted Geographer, Zaeema Ali 13I, wishing you all the best and whose knowledge of Stratford know no bounds, Roneel Ramnarain 13I your kind and thoughtful personality will make you an asset whatever exciting path you take and Ashleigh you are such a dependable and hardworking person I know you will be just fine. I will genuinely miss you all, but look forward to hearing about the next stages of your life. Keep watching that news and questioning everything! #weareshirley

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Geography Challenges!

The school website has an array of Geographical challenges: from “Geogoogle Box” information about upcoming geographical programmes. Thank you to Ms Tune (Head of Year 11) for uploading, to exciting quizzes for Rainforest Day and Volcano making projects.

Congratulations to Victoria Lewita 7L, Mollie Power-Gibbs 7L and Olivia Villanueva 7Y on their volcanoes! Here are some pictures: Thank you for all your videos and photos. Sadly we couldn't add them all here.



Going Green! We have all been “googleing” like mad recently, so in the Geography department we have changed our ways and gone green! Perhaps consider changing your search engine to “Ecosia” where 80% of the profits go to tree planting! For approximately every 45 searches, a tree will be planted. They have just broken the 1 millionth tree planted! Well worth it as reducing iCO₂. If trees aren't your thing, this website takes you to the top 10 search engines which are charitable, so a small change could mean a big difference.

https://charity-search-engines.no1reviews.com/comparison-chart.html?gclid=Cj0KCCQjwgJv4BRCrARIsAB17JI4EclWCKAAAnUivQxnbBa3urJ_U6ypsbExCtPg2wUbmOpNDPldfVNWYaAnmBEALw_wcB



Trees are clearly important and congratulations to The Green team and SHS staff who have secured the Woodland trust 420 sapling trees for our site.

Thank you and new beginnings

All of the department wish our Year 11 and 13 students all the best in their results in what has been an odd year! We look forward to welcoming new students in Year 7 and delivering our “all new” curriculum with Key Stage 3 from September. Wishing you all a safe and peaceful summer.

Geography tip! Download a news app and see which stories are related to Geography! Can you locate the places written in the article? If not look them up!

Mrs G Chenery - Head of Geography



GLOBE THEATRE COMPETITION

Well done to everyone who took part in the Globe Theatre competition. There were some fantastic models and drawings and it was a hard decision choosing the best ones.

The winners were:

Joint 1st Place - Ryan Bridgeland 7H and Zephyr Walinets 7Y
(for his fantastic Globe Theatre cake!)

Joint 2nd Place - Marvin Rosario 7S and Lily Mae Murphy 7S
Best Drawing - Emily Cozma 7H

Achievement points will be put on SIMS for all winners and prizes will be given when we return to school.

Mrs C Harding - English Department



FUNDRAISING

Aaylia Rose 7I has written a song and is fundraising for BAME NHS staff. Aaylia has set up a gofundme page for bereaved relatives for BAME NHS STAFF.

She has written and recorded a song called "Angels" which is on her platforms on YouTube and Instagram.

To raise awareness of the disproportionate numbers of BAME NHS staff dying during this Covid pandemic, we would appreciate if you would listen to her song and support.

<https://www.gofundme.com/f/bereaved-families-of-bame-drs-amp-nurses>

Miss J Skeete - Teacher in charge of Drama

WELCOME BACK!

Following Government guidelines, we were so proud to welcome back our Year 10 students for the remainder of academic year.

Mr T Myton - Principal



YEAR 6 INTO YEAR 7 TRANSITION PACK

Our new Year 7 students received their transition pack in the post during the pandemic to ease them into Shirley High School. We hope that by September, students will be ready and excited to make a start on some secondary school work.

The transition pack provides some great opportunities for discussion about any concerns and hopes about starting secondary school as well as a few treats!



Miss G Fair - Vice Principal

GREEN TEAM ISOLATION CHALLENGES

Thank you to Ms Stuart, Mrs Frost, Mrs Garcia and Mr Morgan for submitting an application to The Woodland Trust for 420 free trees and saplings, we are pleased to announce that we were successful!

Congratulations to Ella Purton 9E and Daisy Kite 9E for winning our Green Team Isolation challenge - being creative with recycled materials. Ella and Daisy will each receive a £10 Amazon Voucher!

Mr T Myton - Principal



NOTE TO YEAR 12S

Congratulations to all Year 12 students for completing Year 12 in such different times. It has been impressive to see how so many of you are working independently from home and managing to keep up to date with school work despite other pressures and influences. You will not regret it this time next year when you would have completed your exams and will be waiting for your final results.

There are a few photos of the Induction Day and our Christmas Meal this academic year to remind you of times at school. Do use your summer to make sure that you are up to date with your work and learning journals and of course relax and rejuvenate yourself, ready for September.

I hope you and your families are all well and I look forward to seeing all your faces in the new academic year.

Goodbye for now but see you soon.



EGG DROP! YEAR 7 CHALLENGE!

We had an interesting morning responding to the challenge of making a container, which would protect an egg when dropped from a first floor window.

Students had a variety of materials to choose from and could make a parachute if they wished to. The designs were all so different and the ideas behind egg protection and parachute engineering would have made NASA proud! The students helped each other and offered socially distanced advice and support, as they always do (something I love about Shirley High School).

Once the designs were finished, we were ready for the testing! Students launched the containers from a window and we waited to see if the eggs had made it! Look at the parachute on this action shot.

80% of the eggs survived the fall! Well done to all the students who took part.

Thank you for your efforts, company and making this fun and "eggsciting".

Mrs G Chenery - Head of Geography



MEDIA ISOLATION CHALLENGE

Congratulations to Maisy Mitchell 9R who is the winner of the Media Isolation Challenge competition with these great movie scenes! Maisy received a £10 Amazon Voucher. Fantastic work!



Mr C Nicholson - Head of Media

SUPPORTING THE NHS WITH HANDMADE PPE

A huge thank you to Mr Riach (Head of DT) and A Level student Ben Franklin 13S for making headbands for the NHS on the school's 3D Printer! 20 headbands and supports were made and collected for the NHS workers'. These were passed on to 'COVID-19VolunteersUK' for sterilisation, assembly and delivery to the NHS.

Mr F Riach - Head of DT



BLACK LIVES MATTER

It has saddened our school community to listen to the experiences of people across the world in 2020 due to their race and background. As an educational institution we take the role of educating young people in these matters very seriously; our curriculum and extra-curricular opportunities allow students to learn about the historical events and figures from which the Black Live Matter movement derives. We believe education and tolerance are the first steps to ensuring true equality; Shirley High School is a diverse, vibrant and multicultural community, one that we are extremely proud of and will take all opportunities to celebrate.

During the course of home learning, students have been writing their own essays and extended responses on the Black Lives Matter movement, some of which can be found here. We want to congratulate these pupils for their mature and considered responses, and applaud all of our young people who we know recognise that equality is not a privilege, it is a right, and we will stand together in our community to ensure that is something that is afforded to all of us. [#weareshirley](#)



T Myton - Principal

Congratulations to all those students who took time to reflect on recent events in the USA, to relate to them on a personal level and also to connect them to their own knowledge and understanding of the past. Please see below a small selection of opinions. Other outbreaks had been suppressed by wartime censors whilst The Great War was ongoing in case the reporting affected morale.

BLACK LIVES MATTER George Floyd (adapted from The Day Newspaper June 2020)

Is George Floyd the Rosa Parks of our time? When Parks refused to give up her seat, she had no idea she would become a catalyst for sweeping change. Now, Floyd looks set to do the same. The scenes in George Floyd's home city of Houston in the USA brimmed with emotion in June. As people gathered for the funeral of the victim of police brutality, bouquets of flowers were piled high at the Fountain of Praise Church.

In life, George Floyd was no angel – he had served time in prison for armed robbery. But his death has turned him into a symbol of the struggle for black freedom which is recognised across the world. He has unintentionally become part of history. Rosa Parks also became an icon of black rights when she boarded a segregated bus in Montgomery, Alabama in 1955 – she obediently avoided the seats reserved for white people. Only once those seats were full, and the driver told her to give up hers, did she choose defiance. Her arrest led to a year-long boycott of public buses, which resulted in a change of the law.

The Welsh sailor **Robert Jenkins** certainly did not expect to have a war named after him when Spanish officers boarded his ship in 1731 and cut off his ear as a punishment for smuggling. Eight years later, the British government, after a long trade dispute with Spain, used the incident as an excuse for open hostilities. The War of Jenkins' Ear lasted for nine years.

Nor did the Belgian footballer **Jean-Marc Bosman** expect to change the face of international sport when he demanded a transfer from RFC Liège to a French club. Liège's refusal led to a ruling in 1995 by the European Court of Justice which allowed the free movement of players between countries, and ended restrictions on the number of foreign players a team could field.

There have even been accidental monarchs. **Lady Jane Grey** had no thought of becoming Queen of England in 1553 until her dying cousin Edward VI named her as his successor in preference to his older sister, Mary. Jane was soon overthrown and executed by Mary for taking the crown.

Is George Floyd the Rosa Parks of our time? What do you think?

Yes, say some – including the presumptive presidential candidate Joe Biden. Though there have been many black victims of police brutality in the US before, none have caused the same degree of outrage across the world. In Minneapolis, where Floyd died, the city council has already voted to dismantle the police department and replace it with a new system of public safety. This is just the beginning. The Kerner Commission Report on racial unrest in the 1960s, "It is a kind of Alice in Wonderland with the same.

No, say more cautious types: we have seen so many killings before and, ultimately, they change nothing. In the words of the social scientist Kenneth Clark, commenting on moving picture shown over and over again, the same analysis, the same recommendations, and the same inaction."

Students at Shirley High School were asked to reflect on current events and express their views on this and its link with history by considering the following questions:-

Would you join a bus boycott for a just cause, like Rosa Parks did – even if it meant walking five miles to school?

Do things change in History because of outstanding individuals or by mass movements like Black Lives Matter?

How is race relations in the UK different from race relations in the US?

Think about the row over some historical monuments. Do we erase history by pulling down historical monuments or is a symbol too powerful to ignore?

Here are some of the opinions of our student at Shirley High School:-

"In the UK we don't really get a lot of racial profiling like the US but we do have a lot of police stopping or staring at black young teens because maybe the way they dress, I guess it's the same in the US as well. In the US there is a lot of gun fights so police would stop any black boy thinking they have a gun or something, it's the same way in the UK but here people have knives so police would do the same thing".
Elisha, Year 8

"I would join a bus boycott like Rosa Parks did because justice needs to be served its actually ridiculous that racism is still existing it has been how many years? Enough is enough! Yes, even if it meant walking 5 miles to school I would feel better knowing I'm doing something to help raise awareness to BLM. It may not be as much as Rosa Parks did back in the day but as long as I'm there I'd feel better that I've helped out".
Ines, Year 10

"I think that we shouldn't erase history because you want to wonder what the past was like and how they lived and compare the difference to our time. The monuments are like a piece from the past to discover. If the monuments were taken down it feels like that the history is also taken down. It is like a symbol from the past".
Preesha, Year 8

Ms K O'Mahoney - Head of History

SCHOOL TRIPS

(MAYBE SUBJECT TO CHANGE DUE TO COVID 19)



Shirley High School is proud to offer our students the opportunity to participate in residential trips abroad. Trips like these are character building, promote independence and offer fun, adventure and friendships as well as giving the students a learning experience that they can only obtain from being on such a trip.

Proposed residential trips abroad for 2021 – 2026 (5 year cycle):

February half term 2021	–	Ski Europe
Summer holidays 2021	–	Watersports trip to France
Easter holidays 2022	–	Ski America
October half term 2022	–	Disneyland Paris
February half term 2023	–	Ski Europe
Summer holidays 2023	–	Watersports trip to France
Easter holidays 2024	–	Ski America
October half term 2024	–	Disneyland Paris
February half term 2025	–	Ski Europe
Summer holidays 2025	–	Watersports trip to France
Easter holidays 2026	–	Ski America
October half term 2026	–	Disneyland Paris

If you are interested in any of these trips or require any further details about these Shirley High School trips please do not hesitate to contact Ms Francis, Senior Vice Principal via email on:

francis@shirley.croydon.sch.uk





Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

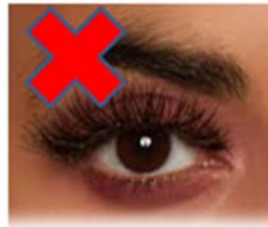
UNIFORM REMINDERS

I would like to thank parents/carers for their support of the school and working with us to achieve the high standards of uniform required. The uniform of our students for the year up to lockdown was good and the students are beginning to understand that our uniform does not change when they leave through the gates at the end of the day! It is to be worn correctly and with pride for the school they represent until they get home and take it off.

As we approach the Summer break please remember that any decisions that have been or will be made regarding extreme haircuts, extreme hair colours, coloured nail extensions and false eyelashes / eyelash extensions, must be rectified in time for the students to be presented according to our uniform rules from the first day of term.

From September 2020 students will be permitted to wear one pair of plain gold or silver coloured studs.

We do not allow any other piercings and if a student chooses to do this, please understand that irrespective of the timing of the piercing, students will not be permitted to cover them, they will be asked to remove them at school. Notes from home asking for permission for the piercings to remain in or be covered with plasters etc. will not be accepted. I would therefore suggest that the start of the summer break is an ideal time to get in new piercings, so they can be removed in time for September.



School skirts should be purchased from Hewitts and have either one or two front pleats only – no other style is permitted. There have also been issues with the permitted lengths so to clarify: skirt length should be on or about the knee. School trousers must be grey and be standard fitting school trousers. We do not allow black trousers.

Students in Years 7 – 10 should be wearing clip on ties only. The tie colours are; Year 7 gold, Year 8 light blue, Year 9 silver, Year 10 red and Year 11 green and they should be worn with our uniform to and from school.

Hair accessories (including headscarves worn for religious reasons only) must be plain navy, black, grey or white in colour only.

If any of our main items of school uniform need replacing (blazer, jumper, tie, trousers, skirt) please purchase it from Hewitts – our uniform supplier. You can then be sure that the uniform purchased is both suitable and of the correct style for our school.

Changes for September 2020:

- From September 2020 students will be permitted to wear one pair of plain gold or silver coloured studs.
- We have a brand new house system starting in September 2020. Each student will be issued with an “iron on” coloured house flash which must be positioned neatly below the blazer pocket with the Shirley High School crest.
- Year 11 students (currently Year 10) will be expected to wear a blazer as per the other Key Stage 3 and Key Stage 4 year groups from September 2020.

ORGANISATION

Please can parents / carers ensure that all students have a fully stocked pencil case as well as the equipment they need for subjects such as Food Technology, PE, Dance etc.

All students must have a pencil case containing:

- Pens (at the very **least** - 2 x black, 2 x green, 2 x red)
- Pencil (at the very **least** - 2 lead pencils)
- Rubber
- Pencil sharpener
- Ruler
- Glue



Being equipped and ready for lessons is very important and prevents the disruption of teaching and learning that occurs when a student does not have the right equipment with which to complete the lesson.

Please also can you ensure that you see your child’s student planner daily and sign it weekly. The planner is used as a weekly planner/diary as well as to communicate messages between home and school and record rewards and/or sanctions. The planner also contains information to assist our students with literacy, numeracy, learning skills and general information. Please take your time to familiarise yourself with the planner so that it can be used effectively as a source of information and as a means of communication between home and school. Students should have their planner with them every day as well as a private reading book.



PASTORAL

Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

At Shirley High School we expect our students to achieve 96%+ attendance during each academic year. (This is the equivalent of 8 days off in the whole year).

We do not authorise any absence during the academic year unless a Student Absence Request Form has been completed and is accompanied by the evidence required e.g. an Order of Service for attendance at a funeral, details of when the flight was booked for unforeseen emergencies requiring overseas travel etc. We do not allow time off for holidays during term time as they have a detrimental effect on learning. A student who takes a 10 day holiday during an academic year will only attain 95% attendance, providing that they attend every single other day. If, after having a 10 day holiday, a student is then genuinely ill, then each additional day they are absent from school will reduce their total attendance by 0.5%

Research suggests that 20 missed school days a year i.e. 10% non-attendance = 1 GCSE grade drop in achievement.

Attendance matters

100%	=	no days absence from school (September to July)
95%	=	10 days absence (2 weeks) from school (September to July)
90%	=	20 days absence (4 weeks) from school (September to July)
85%	=	30 days absence (6 weeks) from school (September to July)
80%	=	40 days absence (8 weeks) from school (September to July)

Students falling below 93% attendance will be subject to monitoring by the Attendance & Welfare Officer.

Students falling below 90% attendance fall into the Persistent Absence category and come to the attention of the Local Authority. They could then be subject to:

- Parenting contracts and orders
- Penalty notices
- Prosecution

Punctuality to school is equally important and we are striving for all students to regularly attend school on time.

At Shirley High School we expect our students to have less than 3% lates in an academic year. (This is the equivalent of 6 late arrivals to school in the whole year.)

Arriving to school on time sets our students up well for the day ahead as well as ensuring they access tutor time with their form tutors, which is where a lot of our pastoral work is undertaken. Poor punctuality has a detrimental effect on achievement as well as general organisation so we have changed our punctuality procedures to improve this area and students are now receiving sanctions for their poor punctuality in a week as well as their cumulative poor punctuality over the year.

1. 5 Minutes late everyday = 3.4 school days missed per year
2. 10 Minutes late everyday = 6.9 school days missed a year
3. 15 Minutes late everyday = 10.3 school days missed a year
4. 20 Minutes late everyday = 13.8 school days missed a year
5. 30 Minutes late everyday = 20.7 school days a year

Please continue to support us and your child by ensuring their attendance remains above 96% and their punctuality remains less than 3% late, thereby allowing them to achieve their potential.

SECURITY

Please can I ask that all parents / carers and other visitors to the school report directly to Reception during school opening hours, so they can be signed in as appropriate. Out of hours, visitors must use the entry system either at the school front gate or in Reception so that a member of the site team can meet them and monitor who is on site. Students will challenge or alert school staff; and staff will challenge any unauthorised visitors or non-Shirley students on site and direct them as appropriate to Reception to be signed in.



Ms M Francis - Senior Vice Principal

**IMPORTANT NOTICE TO ALL PARENTS / CARERS
SAFEGUARDING**

Would all parents / carers please sign in at Reception if entering the school building for any reason, at any time of day, even before or after school. This is for security and safety reasons. Also a reminder, please, do **NOT** drop students off by car **inside** the school grounds or **outside** the school at the gates as this causes congestion and is also a hazard to students and other road users. **Due to congestion, please do not use the staff car park.** Thank you for your help with these issues.

T Myton - Principal



Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

BEHAVIOUR

The school's Behaviour Policy is available for reference on the school website and a copy of the school rules relating to; attendance and punctuality; general behaviour; the safe use of school premises; uniform; and prohibited and banned items is also available in the student planner. However there will be some amendments to the policy following the school reopening after the lockdown. The amended policy will be published and circulated to all members of our school community.

The aim of the policy is to encourage and reward good behaviour throughout the school thereby promoting a learning environment where everyone can 'strive for excellence'. It aims to:

- Instil our core values;
- Promote good behaviour, self-discipline and respect in and out of school;
- Reward students who meet and exceed our expectations;
- Prevent bullying;
- Ensure that students complete assigned work; and regulate the conduct of students

I would like to congratulate the majority of our students who have maintained the high standards of behaviour expected at Shirley and have conducted themselves appropriately both in and out of school. We have also been impressed with the behaviour of the majority of students who have been attending our school provision during lockdown.

When the school reopens in September the students will be reminded that poor behaviour from our students will not be tolerated. We will continue to work in partnership with parents/carers as well as external agencies when required, to bring about the necessary changes to these students' behaviour. We are committed to promoting a positive attitude towards our Golden Rule; 'Students are expected to show consideration and respect to all members of the school and local community at all times'. We will not tolerate any behaviour that disrupts the teaching and learning of our students, brings the good name of the school into disrepute or compromises the health and safety of any member of our school community.

It is also really important that students use the zebra crossing rather than crossing in front of oncoming vehicles. Please can parents who drop their children off in the morning please park safely on the main road and not obstruct the zebra crossing or our neighbours' driveways. No parents / carers should drive into the school to drop students off unless a special arrangement has been made.

We expect our students leaving school at the end of the day to make their way straight home, always respecting the public – pedestrian, motor, neighbours and local businesses. Students are not to hang around the school gates or in front of our neighbours' houses. They are welcome, of course to wait for friends inside the school, safely and responsibly in our school playground.

Student behaviour and our school uniform should not and must not change outside of school. We hold the same high expectations of our students in school and out. The reputation of our school is important and affects all of us. Students' behaviour on the way to and from school reflects on all of us. We do not want our students to behave in a way that will embarrass the school and bring the name of our school into disrepute.

Parents / carers' role in this cannot be underestimated and your support in helping us educate our children in regards to their behaviour is really appreciated.

I would like to wish all our students and their families a healthy and safe summer.

Thank you all for your continued support of Shirley High School.

Ms M Francis
Senior Vice Principal (Pastoral)



FAMILY LIVES

Family Lives is a charity that supports parents / carers and families in England with all aspects of family life. They can be contacted via the helpline, as well as through email, Skype and live chat.

Languages Available: English

Referral Process: Any family member

Age Range: No age range

Waiting List: No waiting list

It is a free service funded by the Local Authority and offers the following:

- Confidential Freephone helpline available Monday – Sunday 7.00 am – Midnight staffed by trained staff / volunteers
- Live chat service
- Email support service
- Information leaflets
- Useful website
- Befriending service
- Parenting groups



Please visit <http://www.familyspacecroydon.co.uk> for even more information on what is available to support families.

Telephone: 02086552402
Confidential Freephone: 0808 800 2222
Email: parentsupport@familylives.org.uk
Address: Tunstall Nursery & Children's Centre
Tunstall Road
Croydon
CR0 6TY
Website: <http://www.familylives.org.uk>

PARENTING PROGRAMMES AND INFORMATION

A positive parent-child relationship is important for children's social, emotional and mental development. Therefore Croydon Council are pleased to offer a number of parenting courses, covering the different stages of childhood and the unique challenges they can bring. You can choose what courses will suit you and your family best.



Parents or carers who wish to register to attend these courses, or find out more should either;

- speak to their local children centre staff
- speak to their Best Start Worker or Social Worker

Read more about what programmes are available and who they are for in the parenting booklet:

http://croydonlcsb.org.uk/wp-content/uploads/2013/08/Parenting_Booklet-Nov-2017.pdf

Parents can be referred via Croydon's Early help Hub: earlyhelp@croydon.gov.uk

Email Croydon's Parenting and Relationship Hub: PRH@croydon.gov.uk

OFF THE RECORD

Off The Record are a young person centred organisation offering counselling and emotional support. They have recently added a new online counselling service to Off The Record's other support services (all detailed on the Off The Record website).



Whilst some young people may prefer face to face counselling, there also a number of young people who find it difficult to engage with this type of support for a variety of reasons, including school refusers. Off the Record are looking for ways to get information about their free online counselling service to young people, so any suggestions you may have for them would be welcome. Currently they have the capacity to take on new clients and their commitment to the local CCG who fund them is that those who register, will have contact within 48 hours and will start to work with a counsellor within 5 working days.

The service is text based, via their secure website, so may not be suitable for those who find reading and writing too challenging or do not have access to a laptop or tablet. They believe passionately that the relationship between counsellor and client is central to the counselling that they offer and this is no different in their online service where young people work online with a counsellor in weekly sessions.

All of their counsellors are qualified face-to-face counsellors who have undergone additional training to work effectively in the online environment. Young people can register independently, please use the link on our website.

COUNSELLING PROVISION

Counselling is currently provided in school by a team of trained counsellors. If you would like your child referred for counselling please contact Mrs Duncan – Head of Inclusion and Student Support. Letters will be sent via all students, regarding this provision, at the start of next academic year.



If during the summer holidays or while a referral may be being processed next academic year your child would benefit from counselling please consider using 'Off the Record'. They provide a counselling service to young people in Croydon and they have recently launched an on-line service that young people aged 14 and upwards can access. This is a service that young people can self-refer to and offers on-line support from trained staff. This is a free service.

For more information please follow the link below:-

<http://www.offtherecordcroydon.org/>

STOP VIOLENCE AGAINST WOMEN

If you are worried about domestic abuse:

Family Justice Centre 020 8688 0100
(open every day with the exception of the bank holidays)

National Domestic Abuse Helpline 0808 2000 247 (free phone line, 24hrs a day)



In an emergency call the police 999

LIVE STREAMING OF SEXUAL OFFENDING - CEOPS EDUCATION TEAM BRIEFING



In response to reports of an increased threat of sexual offending via Live streaming apps, the following item posted on the CSCB site gives further information and guidance:

<http://croydonlcsb.org.uk/2017/12/live-streaming-of-sexual-offending-ceops-education-team-briefing/>

For professionals and parents finding out that images and videos of abuse are being circulated by young people and adults on social media, it can be a stressful time and difficult to know what course of action to take immediately. Here are some clear steps to take and important things to remember:



- Please never share a video or image depicting any kind of abuse involving children
 - Each time a video or image of abuse is shared it re-victimises the child and increases the likelihood of blackmail, feelings of self-blame and powerlessness
 - Report it to the platform it has been shared on e.g. YouTube, Facebook, Snapchat, Instagram etc
 - Report it to CEOP if it is an image or video of sexual abuse involving a child with a link to where the video or image is hosted e.g. YouTube, Facebook.
 - If it's not on a public platform and in only exists on a device i.e. Phone, tablet. Once reported, with authorisation of CEOP or the Police, delete it from the device it has been sent to (if offender usernames are visible make note of them)
 - Encourage other people to report if it is being shared publicly
- If you work in a school or college and are concerned about what to do with peer to peer sharing of sexual images or videos you can refer to the 'Sexting in schools and colleges guidance'

If a parent or carer is worried about a child seeing inappropriate things online Thinkuknow/parents has more information.

Please visit <http://www.familyspacecroydon.co.uk> for even more information on what is available to support families.

Local & National Support Services:

- Bromley & Croydon Women's Aid - 020 8313 9303 or info@bcwa.org.uk
- Family Justice Centre, Croydon – 020 8688 0100 or fjc@croydon.gov.uk
- Victim Support, Croydon - 0845 450 3936 or live chat on website
- Croydon Voluntary Action (for London Gang Exit) - 07850 282 499 or LondonGangExitReferral@londoncrc.org.uk
- Youth offending service, Croydon - 020 8404 5800

Family Justice Centre provides help and support for Croydon families suffering from Domestic Advice and Sexual Violence

This is a particularly difficult time for victims of domestic abuse. Increased time together can increase the pressures within a relationship, however they are not excuses for domestic abuse.



Emotional Wellbeing and Mental Health (EWMH) Support during Covid 19 for Children, Young People and Families

Croydon Council

The Local Offer provides information and advice about services that children, young people and their families can expect from a range of local agencies.

Tel: 020 8726 6400 - Mon-Fri 9am to 4pm.

Email: localoffer@croydon.gov.uk

<https://localoffer.croydon.gov.uk/kb5/croydon/directory/home.page>

<https://localoffer.croydon.gov.uk/kb5/croydon/directory/advice.page?id=cicw7TqLjOY>

Croydon Drop In (CDI)

CDI is a charity that supports young people, aged 11 to 25 and families in Croydon. Some of their services include: advice, advocacy and family support, counselling and outreach

Open Access Counselling:

Virtual and telephone counselling appointments and service offered during this time.

Virtual Talkbus:

Offers young people the chance to get information or to discuss topics of interest. Outreach workers provide health, support and welfare advice.

Tel: 020 8680 0404

Email enquiries@croydondropin.org.uk

<http://croydondropin.org.uk/>

Talkbus helpline: 07592 037823

Off the Record (Otr)

Otr is a charity that offers support and counselling to children and young people in Croydon.

Services offered include: Refugee Service, Counselling, Young Carers and Outreach.

Online counselling - extended weekly online drop in service now available.

Open Access Counselling - Virtual and telephone counselling appointments and service offered during this time.

Operates as usual with extended online counselling on Mondays from 4-6pm

Tel: 020 8251 0251

Email: info@talkofftherecord.org or

croydon@talkofftherecord.org

www.talkofftherecord.org

The following updates have been added for week commencing 27th April 2020:

- Our online webinars for young people re-start on Friday 1st May. See link for workshop details.

<https://talkofftherecordonline.org/what-is-on-workshops>

- A range of new resources have been uploaded onto the 'Coping with Covid-19' section of our website. These are being updated and changed regularly.

<https://www.talkofftherecord.org/coping-with-covid-19/>

- A regular Saturday morning phone line for young people is now available. Tel: 020 8175 6776 between 10 am and 1 pm to speak directly to a counsellor.

Kooth (Xenzone)

Online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Monday – Friday 12pm – 10pm, Saturday & Sunday 6pm – 10pm

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

Palace for Life Foundation (official charity of Crystal Palace FC)

Palace Pad Chat

Gives young people aged 12 – 25 with either a PS4 or Xbox a chance to receive mentoring whilst gaming with a staff members.

Ensuring good mental health giving them a chance to express themselves and see if there is any help needed

Please click on the link below to sign up. Parental consent is required and will be confirmed when contact is made with the young person.

<https://www.palaceforlife.org/news/community-engagement/sign-up-for-gaming-with-palace-mentors/>

Tel: 020 8768 6047

Email: admin@palaceforlife.org
www.palaceforlife.org

Croydon Community CAMHS

CAMHS provides advice, support and treatment for young people and families.

Croydon CAMHS Telephone: 020 3228 0000

Email: croydoncamhsmail@slam.nhs.uk

CAMHS crisis line 0203 228 5980

Monday - Friday 5pm - 10pm; Saturday, Sunday & Bank Holidays 9am - 9pm

For advice out of hours:

SLAM Mental Health Crisis Line on 0800 731 2864 or NHS 111.

[https://www.slam.nhs.uk/our-services/child-and-adolescent-mental-health-services-\(camhs\)](https://www.slam.nhs.uk/our-services/child-and-adolescent-mental-health-services-(camhs))

During COVID CAMHS is only available for new referrals for young people in crisis situations. Assessment and treatment can be provided by video-link or over the phone, but only following a referral. Crisis referrals currently only.

All referrals are reviewed daily.

To make a referral please submit an online form via Croydon SPOC:

www.croydon.gov.uk/ewmh

Croydon Health Services (CHS)

CHAT Health

A confidential advice text messaging service for children and young people (aged 11-19) in Croydon provided by the school nurse service

You can get in touch for advice about any aspect of your physical or emotional health. They will respond within 24 hours Monday to Friday 8.30am - 4.30pm (excludes bank holidays)

Text: 07520 615205

<https://www.healthforteens.co.uk/health/about-chathealth/>

More helpful online resources for young people & families

- <https://emergingminds.org.uk/> resources advice for parents on how to support children/adolescents through this difficult time.
- Anna Freud Centre advice for young people/parents & carers/schools & colleges <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus>
- Mental Health advice – looking after your mental health during the coronavirus outbreak. <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- WHO info for children:- <https://www.who.int> -helping children cope with coronavirus.
- Child Mind Institute: <https://childmind.org/article/talking-to-kids-about-the-coronavirus>
- Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children>
- Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://www.youngminds.org.uk/blog/talking-to-your-child-about-coronavirus>
- NDCS National Deaf Children Society: new guidelines for children with hearing needs. <https://www.ndcs.org.uk/blog/coronavirus-and-support-for-deaf-children-information-for-professionals>

Secondary school age children:

- Young Minds advice for young people who are anxious about Coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Headspace- Meditation for children: <https://www.headspace.com/meditation> for kids.

Primary aged Children:

- Social stories for Primary age children: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- Educational book aimed at younger children <https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>
- Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
- Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/advice-and-support/health/coronavirus>

Families of Early Years:

- Advice for families: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- Activity guides: <https://www.zerotothree.org/resources/3264-at-home-activity-guide>

Other helpful resources and websites:

- National Autistic Society – guidance and helpline for parents', young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
- Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Public Health England have produced an easy read version of their Advice on the coronavirus for places of education: <https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>



Coronavirus

How to help your child manage feelings of worry and anxiety

This leaflet is aimed at parents and carers of children at primary school

It is understandable and normal that your child might be feeling worried or anxious during this uncertain time. They will have experienced disruptions and big changes in their daily lives. It is a normal reaction to feel the need for safety, control and certainty. However, for some children, these anxious feelings are persistent and stop them from engaging in their daily routines. This leaflet contains information about anxiety and how to support your child to feel better.

What is anxiety?

Anxiety is when we feel worried or scared, often about things that we think could happen in the future. Anxiety is our body's natural response to danger and it is designed to protect us from harm. However, it becomes a problem when it is triggered without any obvious danger. It can cause fear and worry, and changes in your child's behaviour. Anxiety can be experienced through thoughts, feelings and physical feelings in the body.



Use distraction techniques

Help your child to focus on something else to distract them from their feelings of anxiety. Do something fun and enjoyable together, whether that is drawing, dancing, doing creative activities, playing games or baking.



Ask your child to notice one thing they can see, one thing they can smell, one thing they can hear and one thing they can touch around them to distract them when they are feeling anxious.

Establish a routine

Keeping a routine that includes some balance is really important: A bit of what they like, a bit of what their school wants them to do and a bit of helping with chores and daily family life to encourage independence. It will be much harder to get back in to normal routines if you have not established a routine at home. Establishing a 'new' routine and having a plan for the day can also help alleviate anxiety around uncertainty and change.



Create a visual routine with your child. Be creative and let your child decide how they want it to look. They could draw it out as a comic strip.



Talk to your child about their feelings

Give your child frequent opportunities to express how they are feeling. Some children might need help doing this. You can help them by noticing and commenting on how they might be feeling based on their body language. Some children will find it easier to express their feelings by writing about them or drawing them. Listen to your child carefully and acknowledge their feelings.



Create a 'worry jar'. Ask your child to write or draw their feelings and put them in a jar. You can schedule regular time slots to read the worries, talk through them and problem solve them together. Move on to a 'happy jar' filled with their happy thoughts.

Use relaxation strategies

Relaxation and breathing techniques will help to calm down your child's body when they are feeling anxious. It can be helpful for you to model these techniques to your child and try them out together.



Practice breathing exercises to help your child to relax. Try 'finger breathing' by slowly breathing in and out as you trace up and down each of your fingers.



Stay healthy

Try to make sure that your child is eating well, getting enough sleep and exercising. Their physical wellbeing can affect their mood. Make sure that they are also taking time to relax as this is important for staying healthy and happy. Ensure that they have a good bedtime routine. Support them to avoid any screen time for at least an hour before bedtime as it can disrupt their sleep. It could be replaced with more calming activities, such as reading a book.



Try out some online yoga or exercise classes together (see 'useful resources').

When should I seek professional support?

If your child's anxiety is severe, persists or interferes with their daily life, it is a good idea to get professional help. Talk to your GP. You can also contact your child's school's SENCO or Educational Psychologist for advice and support.

Further information

edpsychology@octavopartnership.org

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

<https://youngminds.org.uk/find-help/for-parents/>

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>



Model calmness

Children are often good at picking up on the feelings of the adults around them. It is understandable that you might also be feeling anxious at this difficult time. It is important that you are looking after your own mental health and wellbeing. Try to stay calm when talking to your child about the things that make them feel anxious.



Help your child to create a safe space in their mind. Ask them to think about a place that they feel happy and relaxed. Ask them to describe what they can see, smell, touch and hear when they are there.

Monitor the media your child has access to

Children can often become worried about what they see or hear from the news, media or friends. Try to monitor what your child has access to as they may become worried if news is not appropriate for their age. They may also hear helpful or unhelpful stories from their friends. Create regular opportunities to talk to your child about any worries that they might have about what they have read or heard. Answer their questions in clear and simple terms that are appropriate to their age and level of understanding. Acknowledge their feelings and try to focus on the positive things that they might be seeing, for example, the doctors and nurses helping people to get better.



Useful Websites

Emotions wheel

<https://www.mentallyhealthyschools.org.uk/resources/emotion-wheel>

Sentence starters for conversations about feelings

<https://www.mentallyhealthyschools.org.uk/resources/sentence-starters>

Emotional 'check ins'

<https://www.mentallyhealthyschools.org.uk/resources/emotional-check-in>

Calming activities

<https://www.childline.org.uk/toolbox/calm-zone/>
<https://childhood101.com/fun-breathing-exercises-for-kids/>

Self-care activities

<https://www.annafreud.org/on-my-mind/self-care/>

Children's yoga videos

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

Child friendly explanation of anxiety

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

Coronavirus mental health and wellbeing resources

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>

Croydon Music Service

<https://www.cma-online.co.uk/>

Books

Judith Woodbum (2016) *A Smart Girls' Guide: Worry: How to feel less stressed and have more fun* (Girls - Year 6 and above)

Anthony Browne (2007) *Silly Billy*

Virginia Ironside (2011) *The Huge Bag of Worries*

Jill Seeney (2007) *Morris and the Bundle of Worries*

Margot Sunderland's children's picture books.



ChatHealth is a confidential texting service for young people aged 11-19 giving advice and support with physical & emotional health.

Weight**Immunisation****Smoking****Bullying****Self Harm****Anxiety****Drugs & alcohol****& more....****Text your NHS School Nurse on****07520 615205**

Monday – Friday, 8.30am – 4.30pm (excluding Bank Holidays)



We do not inform your parents, teachers or anyone else about your contact unless we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day but texts will only be seen between 8.30am-4.30pm, Monday to Friday (excluding Bank Holidays). If you need help before you hear back from us, contact a member of school staff, your doctor or dial NHS 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

As a Shirley Learner I am:



Our Golden Rule: Respect for All

Shirley High School students are expected to show consideration and respect to all members of the school and local community at all times.

SHIRLEY HIGH SCHOOL



SAFE HAPPY SUCCESSFUL