



Parent Bulletin Week Commencing 22nd February – week B

We are very aware that staying active during lockdown is a challenge to all of us. Even though we all recognise how important it is for our physical and mental health, it can be hard to find the inspiration and motivation to leave the chair, screen or phone and do some exercise. We are also aware of other issues such as bad weather and lack of safe space may be restricting factors.

Now the weather is improving, and we are getting closer to coming back to school we have added some appropriate links on the **school website** to support you to promote activity with your children. These can be found under **PE Back-to-school** in the **Academic** section. You can also click [here](#) to access these.

PE teachers will also be making contact after half term, through tutorials, to:

1. Support and encourage the students with their activity choices.
2. Complete an activity questionnaire to help us establish a clear picture of student activity levels during the current lock down.

Thank you for your continued support. We are looking forward to seeing the students back at school soon.

Kind regards

The PE Dept.

Notices:

- **All Years: Half term Friday 12th February- Monday 22nd February.** Term dates for 2021-2022 are now available on the school website. <https://www.farmors.gloucs.sch.uk/parents-and-students/calendar-term-dates-and-school-day>
- **Year 11:** An email has been sent out this week to students to confirm their Summer 2021 exam entries. Students have been asked to check their personal information is correct as this will appear on their final examination certificates. Any queries can be directed to Mrs Mundy in the Exams Office (rmundy@farmors.gloucs.sch.uk)
- **Year 9 Options:** The options form is due for submission by midday on Monday 22nd February. Recordings of each subject option briefing are available on the school website here: <https://www.farmors.gloucs.sch.uk/academic/ks4-curriculum>
- A recording of the original December parents briefing.
- A downloadable options booklet.
- The individual recordings for each option subject.
- The Options Form (link to an on-line form, which is completed and submitted through the website).

Remote Learning:

Remote learning guides for parents and students, including how to use Show My Homework, Teams, and recordings of parent briefings can be found on our website here: <https://www.farmors.gloucs.sch.uk/remote-learning>

Safeguarding update:

School Nurse:

Our school nursing service would also like to remind all children that their ChatHealth service is still operating.

The number to text for support is: [07507 333 351](tel:07507333351)

Well Being:

This fantastic website has been created by a practising NHS professional who understands the need to make this available to parents and their children. It gathers all the websites, apps and information about supporting mental health in one place. Hopefully, if you need this, it will help: <https://www.camhs-resources.co.uk/>

Mental Health

Previously shared websites for support and guidance for both parents and students:

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

As always, if there is anything that causes you concern about online safety, please check out this website for advice:

<https://tinyurl.com/yccvkk9o> and if you have any safeguarding concerns - contact nsturla@farmors.gloucs.sch.uk

Covid-19 school closure updates:

<https://www.farmors.gloucs.sch.uk/parents-and-students/coronavirus-information-and-updates>

Letters to parents:

<https://www.farmors.gloucs.sch.uk/parents-and-students/letters-to-parents>

- All years: Pancake Competition.
- All years: End of term parent letter.

Kind regards

The Pastoral Team