

Dear Parents/Carer,

01 February 2021

First of all, please can I offer my prayers and best wishes to you and your families at this time. It was great to see so many parents in Years 7-11 for our Teams Information Evenings, the positive feedback received was passed onto staff who were most grateful. The purpose of this letter is to inform you about a change to our remote learning schedule on Wednesday 3<sup>rd</sup> February and to share the latest Government update regarding the return to school.

You will have noted the announcement on 28<sup>th</sup> January from the Government that restrictions will remain in place until **at least 8<sup>th</sup> March**, with a commitment to publishing a plan for leaving lockdown by the end of February. As soon as we hear more as a school we will let you know by writing to all parents and carers. Until then the school continues to provide high quality Teams lessons for students that follow.

We recognise that these are challenging times and we all need strategies to support a positive state of mental health and wellbeing. Recently in the news we have seen reports that young people across the country require further care to maintain a positive state of mind during lockdown. As an Academy we are passionate about making sure our community champions students' and parents' well-being during these challenging times and will be using Wednesday to do just that. The Directors of Inclusion, Ms Van Zyl and Personal Development, Reverend Andrew Wignal will be coordinating resources to support students' mental health and wellbeing on Teams. These resources will be provided by 9am on Teams, will replace the curriculum on that day and can be accessed by parents and carers when you log in through your child's account. Students on site will receive the same provision for this Mental Health Awareness day.

Some staff will require students to join their GCSE and A Level lessons where the majority of these fall only on a Wednesday and will be in touch with students via email about this. However, this will not mean that these students cannot access the resources to support wellbeing for the remainder of the day and we know that you will direct them to prioritising both.

If you feel that you would like some further advice regarding how you can support your child's mental health through this period. Or information on signs to look out for that could signify a deterioration in mental well-being, the following websites can provide you with some useful information and strategies:

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/cypmhs-information-for-children-and-young-people/>

<https://www.bbc.co.uk/bitesize/articles/zndp6v4>

Interim Principal Hannah Fahey



The Diocese of  
Southwark



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For the opportunity to talk to other parents or talk one to one with a qualified parenting coach about your own mental health please use the following link to Action for Children. This organisation also have programmes that your child can undertake to assist with their emotional well-being:

[https://parents.actionforchildren.org.uk/?\\_ga=2.85144926.671339472.1612180097-1295232822.1612180097](https://parents.actionforchildren.org.uk/?_ga=2.85144926.671339472.1612180097-1295232822.1612180097)

If you have any questions please do contact the school on [school@stmarks.anthemtrust.uk](mailto:school@stmarks.anthemtrust.uk)

Thank you for all that you are doing to support your child's progress and wellbeing at home. I wish you all the best and pray for your safety and health.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Hannah Fahey', with a horizontal line extending to the right.

Hannah Fahey  
**Interim Principal**