



Dear parents,

The academy would firstly like to thank you for the many messages of support we have received from you which are very much appreciated at this challenging time. You also must be commended for your courage in embracing school closure and all this means for you as a parent.

As we adjust to these extraordinary circumstances, I thought it may be useful to touch base with you to ensure you have the support you need and to signpost you to some resources which I hope you will find useful in 1) managing any anxiety your child may have 2) making sure that your own needs are met and 3) finding things to keep your child occupied, especially given the new tighter restrictions around socialising **and the need for all of us to stay at home**. Please **see below for some useful links** which contain a wealth of resources for you and your child.

We recognise that keeping your child engaged in learning at home is no small task and we will continue to do all we can to support you with this over the coming weeks. Please continue to check the website daily for updates. A reminder that non-urgent emails can be sent to cga@clapton.hackney.sch.uk or voicemail messages can be left on 0208 985 6641, both of which are checked and responded to regularly.

I recently watched an interview with a member of a submarine crew giving tips on how to cope in the event of not being able to go out. His advice was:

- 1) **Build Your Routine** – whatever routine works for you, identify what it is, write it down, stick to it and tick it off as you go through the day to create a sense of stability and achievement. This is something you can get your child involved in. Get them to observe your routines, think about how these routines can be made into household charts and posters, how your routines can be made more efficient, who can do what in the household, any potential rewards and so on. Are there things that you usually do as a parent which you can delegate to your child? All of this is valuable learning.
- 2) **Build Your Crew** – identify the people that you can turn to for support. Check in with these people regularly via text or with a phone call. The academy is committed to being part of your support network at this time so please do use the contact details above to get in touch if there are things we can help with. You can also use some of the organisations listed below as part of your support network.

We will continue to do our best to make sure that all families have food and essential supplies. Some parents have asked if they can donate money to support other Clapton Girls' Academy parents who are facing financial challenges at present. You can do this by donating at <https://www.parentpay.com/> 100% of this money will be re-directed to Clapton Girls' Academy families who most need it. Thank you in advance for your support in this way.

- 3) **Find a space** – the submariner described finding space within a busy household as most likely more challenging than finding space on a submarine amidst a crew of 150! Physical space may simply not be available to you but he emphasised the need for every individual to find a space in every day. For him it was drawing the curtains around his bunk bed for a few minutes, putting his earphones in and listening to music. Identify what your 'space' can be and fight to protect this each day as much as you possibly can.

I will continue to update the academy website with resources which I feel may be useful in supporting your own and your child's wellbeing. In the meantime, I wish you all the very best for the coming weeks.

Joy Meyer
Deputy Headteacher
Clapton Girls' Academy

See useful links on next page.



1) Managing any anxiety your child may have

This resource includes very practical advice on how to help children manage their own worry about Coronavirus and includes a link to a children's book written by a nurse which you may find useful if you have younger children worried about Coronavirus.

<https://www.msn.com/en-gb/news/kindness/a-nurse-has-written-a-book-to-help-children-with-coronavirus-worries/ar-BB11A8hF?ocid=spartandhp> – whole article with useful links

<https://t.co/lcWX8Z4uyf> - direct link to children's book

Anna Freud – Supporting young people's mental health during periods of disruption. This is an excellent website which is easy to navigate and has lots of useful suggestions not just in relation to Coronavirus stresses but on how to maintain positive mental wellbeing in general.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

2) Making sure your own needs are met

Guidance for parents which includes a link to excellent advice for parents including what to do if you are worried about your own child or someone else's via 'Family Lives' (previously known as 'Parentline'). Call 0800 800 2222 Mon – Fri 9am to 9pm and Sat and Sun 10am – 3pm or email askus@familylives.org.uk

https://schoolleaders.thekeysupport.com/article/16384/documents/2225/KeyDoc_-_school_closure_due_to_coronavirus_-_parent_factsheet.doc?marker=content-body

Mind – How to care for your mental wellbeing, specifically during the Coronavirus crisis. Lots of practical tips on how to look after your child's and your own mental health at this time. This link also takes you to the Mind website which has a wide range of support materials.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

3) Finding things to keep your child occupied

The reality is that your child will want to watch TV while at home. 'Into Film' have released a number of their resources which transform your child's usual film viewing into meaningful learning.

Film review resources – there are loads of activities included in this link and it is worth looking at the primary school as well as secondary school age resources.

https://www.intofilm.org/news-and-views/articles/activities-for-young-people-to-do-at-home?utm_source=Into+Film+-+Master&utm_campaign=7a9ffa5d4e-Home-study-1&utm_medium=email&utm_term=0_a1465a9b17-7a9ffa5d4e-138462787 – film review resources

Into Film Puffin storyboard competition – win books for school and the chance to have a storyboard idea turned into a film.

https://www.intofilm.org/news-and-views/articles/puffin-big-dreams-on-screen-competition?utm_source=Into+Film+-+Master&utm_campaign=7a9ffa5d4e-Home-study-1&utm_medium=email&utm_term=0_a1465a9b17-7a9ffa5d4e-138462787

Film of the month – there is plenty of film making going on already so why not see if your child(ren) can create something of competition quality.

https://www.intofilm.org/competitions/1?utm_source=Into+Film+-+Master&utm_campaign=7a9ffa5d4e-Home-study-1&utm_medium=email&utm_term=0_a1465a9b17-7a9ffa5d4e-138462787