



NEWS & VIEWS

Be The Best You Can Be

Headteacher: Mr I Smyrk



Headteacher's Comments

Good afternoon, it has been great to welcome all our students back in school and see them enjoying being in class learning face to face. The return has gone very smoothly and everyone has adapted extremely well. We have one more week of testing in school and then in line with government guidance we will be asking students to carry out home tests. A letter with more information on this will be sent out today.

While we are hopefully coming to the end of lockdown over the next few months we are still living through difficult times so this week's NEWS & VIEWS is dedicated to Well-being and I hope you will find the following information helpful. Take care and have a good weekend.



Well-being News

After being off school for so long it is only natural that many young people will be worried and anxious about returning to the classroom.

Some children may have adjusted well to learning at home but some may have found this incredibly difficult, and while they will have looked forward to meeting friends again, many will have become anxious about how much or how little work they have completed in comparison to their peers.

As parents, you too will be anxious about their reintegration and how this impacts on family life and what you can do to help reassure your child. Start by re-establishing routines, reducing pressure on them until they are feeling confident, answering their questions, planning and preparing them for changes they can expect and seeking help when they are struggling and you have tried all basic strategies.

Below are some useful links from the Government, NHS and various charities to provide some guidance in these unprecedented times. We hope you find them useful.

- Click [here](#) for Sheffield Parent guide for supporting children to return to school.
- NSPCC podcast for parents click [here](#) .
- Please click [here](#) for the Mental Health Foundation support for parents guide.
- Please click [here](#) for information on back to school.
- Recovery and Return to Educational Settings suite of resources has two further webinars for families. Part 1: [Looking after yourself](#) (28mins) Part 2: [Looking after your family](#) (39mins)
- Essex Local Offer: [Coronavirus support wellbeing and mental health](#)
- Please click [here](#) for information from Young Minds

Return to school

Support

Plan & Prepare

Think ahead

Reassure your child

Re-establish routines

Reduce pressure

Provide information

Seek help



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Executive Headteacher: Mr R Duff

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