



Thursday 2 April 2020

Dear Parents, guardians and extended family,

We hope that you are all well, safe and managing during these extraordinary times. As the Master has mentioned we will soon be launching our **Connected School** platform, ahead of the start of term, which will have academic resources, co-curricular activities and wellbeing information for pupils, plus information and resources for parents and staff.

As I noted in my **Wellbeing - Advice during Covid-19** - document, sent out by Simon Heard on March 23rd, it is key for the pupils to maintain a routine, to stay physically active, and to be careful with their use of social media. We will provide guidance around phone use, social media and online safety for the pupils - via the Connected School platform - and I will mirror this with documents for parents too. A good place to start here is to draw up a [Family agreement](#).

Mental Health

We are always eager to support the pupils' mental health and wellbeing, and this will continue even though we are physically separate. Next term, our School Counsellor will still be available for counselling sessions, via telephone appointments; and tutors, HMs and the wider pastoral team will be checking in with pupils regularly. But, the isolation and anxiety associated with Covid-19 will likely have an impact on children and young people's mental health, and we all need to be alert to this. I attach to this mail-out the second issue of "Coronavirus: mental health and wellbeing resources" from Mentally Healthy Schools in collaboration with the Anna Freud Centre - do take a look at the variety of resources therein.

Physical Health

The pupils have been written to by Mr Head, Deputy Head (Co-curricular), with the information below, advertising the Haileybury "home-workout" series. Please do encourage your children to get involved, and stay active.

It is with great pleasure that we share the link below to Haileybury's 'home-workout' series on the [@HaileyburySandC](#) twitter page: <https://twitter.com/HaileyburySandC>

*This account will be releasing **regular home-workout ideas (Mon-Fri)**, for those with no equipment along with exercise variations for those with some equipment (for example: strength bands, dumbbell, etc). Staying physically active is important for both the body and the mind, whilst providing you with real structure to your day.*

*Mr Satt and his team have produced lots of content for you all, therefore, **please do follow the account (@HaileyburySandC)** for regular updates and ideas of how to look after yourself physically whilst resources may be limited. You DO NOT need to have your own twitter account to follow the links.*

Please email Mr Satt: i.satt@haileybury.com if you have any questions and please do let us know how you find the workouts.



Yoga / HIIT classes - www.downdogapp.com - Haileybury has acquired free school membership to the Down Dog app, for Yoga, HIIT, Beginners' classes... free to pupils as long as they log in with their Haileybury school email address.

Staying engaged

It is important for all of us to keep doing things, albeit remotely, to stay engaged and entertained. Here are some ideas which might be of use (including some activities for those of you with younger children):

Culture Vulture:

If you are missing your usual slice of culture during the holiday period, then why not check out some of these free online highlights:

- **Theatre** - [The National Theatre](https://www.nationaltheatre.org.uk) are streaming recordings of some hit theatre, starting **tonight** with One Man Two Guvnors. Plays will be free to stream for a week.
- **Dance** - Sadler's Wells are also streaming [Dance productions](https://www.sadlerswells.co.uk) each week.
- **Opera and Ballet** - The Royal Opera House and Royal Ballet will be streaming performances every Friday evening from 7.00 pm via <https://www.facebook.com/royaloperahouse/>
- **Shakespeare** - The RSC are also sharing a 30 day free trial of their streaming platform - with 17 "shows" [their word] available to view by signing up [here](https://www.rsc.org.uk).

Ideas for younger children:

- **Elevenses** - **David Walliams' Stories every day**: David Walliams is releasing a FREE audio story every day for the next 20+ days. Let the children listen to a story whilst you get a few jobs done or just grab a cuppa in peace: <https://bit.ly/AudioElevenses>
- **National Trust** - [50 things to do before you're 11¾](https://www.nationaltrust.org.uk) - some of these might be difficult given the restrictions on going outside, but hopefully there are some nice ideas for entertaining the children over the Easter break.
- **Scouts** - **The Great Indoors** - Look at the Scout Association's suggestions for [100+ things to do indoors](https://www.scouts.org.uk) (Activities for 8 - 18 year olds.)
- **40 things to do during covid-19** - a [brilliant resource](https://www.40things.co.uk) from a head teacher in New Zealand.
- **The Woodland Trust** have some great ideas for nature activities you can [do whilst in self-isolation](https://www.woodlandtrust.co.uk)
- **Science** - here's some experiments that you can do at home - [63 ideas](https://www.63ideas.com)
- **Dance** - Join the Sadler's Wells [Dance Workshops](https://www.sadlerswells.co.uk) for children and families.

I will look forward to making more resources available to you via the Connected School platform and wish you all a very peaceful Easter.

Yours sincerely,

Dr Laura Pugsley
Deputy Head (Safeguarding and Wellbeing)