



Pastoral Support for Staff and Families Wellbeing Weekly (8)

Tuesday 5 May 2020

Dear all,

Well done and Thank you:

We all like to get a bit of positive feedback every now and then, and so I've asked the HMs to share with me a selection of the comments that have been coming in over the past week....



Parent: you're all doing a brilliant job and the connected school has exceeded our expectations, and those of all, I should imagine - the work that must have gone in to achieve this, is beyond my comprehension but needless to say just want to say another huge thank you

Pupil [to Joe Satt - it's obvious...]: Just thought I'd say that you are doing a great job on get active in the mornings I'm finding it very helpful in these weird times. I am getting a lot out of it and having fun. I have even wrote [sic] some of the workouts down. Hope you are doing well.

Parent: I just wanted to say how impressed I am with the Connected School roll-out. It is super impressive and I have no doubt that an incredible amount of thought, planning and effort has gone into its production. And all at fairly short notice. Quite amazing.

Parent: "My daughter is totally into this remote learning and seems to have ideas, enthusiasm bubbling over, so happy each day to get started and see her friends and Teachers! She actually seems to be thriving on it and her sense of discipline coming to her aid I think very much now. She said to me at the weekend she does not want to let you down, after you are making such an effort for them all to get as much out of this process as possible. I thought that was sweet and actually quite correct!"

Pupil: This forced situation has shown many positive outcomes: I feel that there are a few worth mentioning: I feel closer to my tutor and more supported, also, I think that things such as the Big Quiz & Online Football Manager have really proved successful (although I understand that this might not be carried on into the post-coronavirus world as it would be rather anti-social to sit in your room and do things like that when it's possible to do it in the Grubber for example!)

Parent: We just wanted to congratulate you and your team on the success of the Haileybury Connected School platform. It really is very impressive. XXXX has been engaged, involved and enjoying all aspects of it... from seeing her friends on line at House meetings, to seeing and hearing her teachers' reassuring voices during lessons to playing netball in the rain with her laptop under an umbrella. It has kept her motivated and part of the community she loves at an unsettling time. Thanks to everyone involved in setting this up!

Parent: I just wanted to say how impressed I have been with the connected learning opportunities. I know it probably wasn't what Haileybury hoped to be providing this term, however, I think XXXX has gained a lot from the experience. Since we are both working, she has had to be self-motivated, plan her own breaks, organise her time and be resilient when responding to feedback from teachers. If she hasn't understood something, she has taken the responsibility to look it up herself - all important skills for independent study later on. Thank you for all your hard work ensuring that pupils continue to get the most out of the opportunities provided.



Parent: I write to you because I want to congratulate you for the great effort and support during these times across the connected school and by implication all of the teaching staff. XXXX is very happy and is really enjoying the challenges set by the house, by which keeps her active and never bored at home. I am hugely impressed with the good functioning of the new platform and how it has been developed, very professional! I really appreciate how much you care about the girls and the fact that you are always there to answer questions and more.

Parent to HM: "She remains excited about each day!"

In other news:

Sarah Webb, Quizmaster extraordinaire, has been working with Macmillan Cancer Support on their new [Games Night In](#) fundraising campaign. There are lots of fun ideas so do check out their website.

**MACMILLAN
CANCER SUPPORT**



Q&A with Jamie George

If you missed the Q&A with Jamie George (OH) you can hear about his life in rugby – from growing up at Haileybury and playing for Hertford RFC, to representing Saracens, England and the British Lions – by clicking [HERE](#): Password: 8y^22Q1*





What's On This Week?:

I've tried to list below some of the Connected Co-curricular events that may be of interest, as well as some "non-school" events, please do look at the [Co-curricular Noticeboard](#) for up-to-date information.

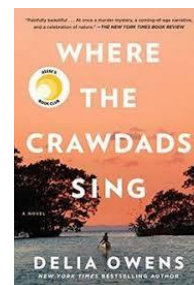


TUESDAY 5 MAY:

- 4.15pm - [Netball Q&A](#) with Vitality Roses and Saracens Mavericks players Jodie Gibson and Gabby Marshall. Jodie was part of the team that won Commonwealth Gold in 2018.
- 8.00 pm. Quiz Night
 - Can anyone beat Team English...!?
 - Link for the Quiz: <https://haileyburyuk.zoom.us/j/2081918708>
 - A reminder of Sarah Webb's fundraising page: <https://www.justgiving.com/fundraising/mammothquiz>

THURSDAY 7 MAY:

- 4.15 pm - [Hockey Q&A](#) with two current GB Players Sarah Evans and Tess Howard, Thursday 7th May - 4:15 pm
- 5.00 pm - [Music Concert](#) - Listen to some of the Lower School musicians perform.
- 8.00 pm - Book Club
 - "Where The Crawdads Sing" by Delia Owens.
 - Let [Sandy](#) know if you are interested in joining the book club for a glass of wine, and discussion
- Join [Star Gazing Live](#) at 9.00 pm. It's a Full Moon on Thursday and therefore this week's session is all about the Moon, the regions of the Moon and the Apollo Moon landings.



DAILY (bar Tuesday):

- A Virtual Common Room:
 - The Common Room is "open" for the Half each day, 11.00 - 11.25 each day: <https://haileyburyuk.zoom.us/j/2081918708>

Culture Vulture - This week:

- National Theatre:
 - Watch [Frankenstein](#) at the National Theatre – Academy Award winner Danny Boyle directs Benedict Cumberbatch, Jonny Lee Miller and Naomie Harris. Benedict and Jonny alternated the roles of Dr Frankenstein and his monster in this production and you can see both versions online.
- Shakespeare: From The RSC, The Globe and the Royal Opera House through [BBC iPlayer](#)
 - Enjoy Hamlet, Macbeth, Romeo & Juliet - and the Royal Ballet's Romeo and Juliet: Beyond Words, Much Ado, A Midsummer Night's Dream, The Merchant of Venice and The Tempest.
- West End Musicals? - [#TheShowsMustGoOn](#) - Every Friday at 7.00 pm a different West End Musical will be made available to view for 48 hours.

And, of course.... Michael's 2.5 km time trial run - see [Wellbeing Weekly \(7\)](#) for the "T&Cs".



Friday 15 May - Wellbeing Morning

As mentioned in the Common Room Briefing, we are planning a Wellbeing Morning on Friday 15 May. This will be a launch to **Mental Health Awareness Week**, which runs from Monday 18 - Friday 22 May, and also an opportunity for all of us to stop for a morning and enjoy some down time, and connected activities with the pupils.

The morning will include a range of activities to support Mental Health and Wellbeing and will be principally led by external experts. Teachers will be asked to join the sessions with your tutees, and hopefully you too will get something out of this - not least some time to "Just Be".

The different year groups will have different schedules but a sample programme might look like this:

8.20 am	Call - final instructions / encouragement for the day	
8.30 am	Be Active	Whole School Aerobics Session – hopefully with Mr Motivator!
9 - 9.30 am	Be Calm	An introduction to Yoga
9.30 - 10.00 am	Be Creative	The opportunity for pupils (and tutors) to move away from screens and do something creative – be it Art, Photography, Poetry, Music, Dance, Cooking...
10 - 10.30 am	Be Creative	
10.30 - 11 am	Be Free	Down Time – No screens, no activities
11 - 11.30	Be Mindful	An introduction to Mindfulness
11.30 am - 12.00 pm	Be Kind	House based activities focused on kindness, and helping others.
12 - 12.30 pm	Be Inspired	A talk to the whole school from an inspirational Speaker
12.30 - 1.00 pm	Be Connected:	BYO Picnic Lunch in Houses / Tutor Groups – a chance to connect with house mates and reflect on the morning.
(NB; L6 A-level Parents conference starts at 1.00 pm)		

- If you have any suggestions for the **Be Kind**, or **Be Creative** sessions, please do get in touch with me, or Nicky Payne-Cook.

Thank you, and have a very good week.

Laura

[@Hbury_Wellbeing](#)