

Life in lockdown or when you are isolating can be hard and also lonely. It can also be difficult to keep coming to school when lots of your friends are working at home. As a pastoral team we wanted to put together a few strategies and resources which you can use at this time to support your mental well-being either if you are attending school or working at home.

Remember, your teachers are always here to support you, all you need to do is get in touch! [admin@hexhammiddle.org.uk](mailto:admin@hexhammiddle.org.uk)

### Resources for Parents

We recognise that these are difficult times for parents/carers, many of whom are trying to work from home at the same time as supervising home schooling. We are doing our best to support you with our timetable of live lessons but we understand that sometimes an alternative to a screen is required.

Twinkl is a great education resource company who have created a page dedicated to parents in this lockdown period, they have some excellent resources and ideas available to try and support parents in diversifying the home learning experience!

<https://www.twinkl.co.uk/resources/parents>

### Support for You

Lockdown is challenging for lots of us, particularly not being able to get out and see friends in the normal way. It's always good to have things to look forward to!



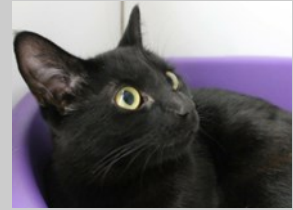
One idea could be creating a jar of 'things to do after lockdown'.

- 1) Find an empty jar
- 2) Every day write down one activity or idea you would like to do when restrictions allow it
- 3) After lockdown you can pull them out one at a time and work through them!

## Lockdown 3.0—A Staff Snapshot

Happy New Year!

I hope that you were all able to have a very nice and relaxing Christmas holiday. This year, my wife and I had Christmas day on our own (with our cat *Psipsina* who got some Christmassy treats) and had a really relaxing day.



I have to admit I did fall asleep in the afternoon after the Queen's speech.

On the Tuesday after we broke up, Mr Stephenson, Mr Tinkler and I met up with Mr Armstrong at Tynemouth golf club for a Festive Four-ball competition.



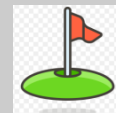
Amazingly, Mr Stephenson hit some great shots, and he and Mr Armstrong, who always plays well, won. We did find out that Mr Tinkler can hit the golf ball a **L O N G W A Y!** Very impressive!

In November, I ordered some new Ping golf clubs, which have just arrived in time for the awful winter weather and lockdown. So, I won't get to use them for a good few weeks yet



Another thing I did do over the holiday was to get a lot of old music out of the piano stool and practice. It's amazing how rusty you get if you don't play pieces regularly.

For all of you at home, this would be an excellent time to do more instrument practice; sing along to your favourite pop songs; play your orchestra or ceilidh pieces and in general, enjoy including music as part of your daily or weekly routine.



What else is there to do when you can't play golf!

Best Wishes to you all.  
**Mr Holdsworth**

## *Weekly Challenge: Bake Off*

Many of you have been showing off your wide array of snacks during some of our live lessons this week, one of the perks of working from home!

Next week, why not try and see if you can add something home-baked to the list? Choose a recipe and have a go at baking something to share with your family or enjoy yourself (ideally in between and not during!) your live lessons.

If you want you/your parent/carer can post a message or photo of baking success on HMS FB page using **#HMSweeklychallenge**

This is another great way to stay connected and see what other people are up to!



## *Safeguarding*

This remains a key priority for us at HMS throughout this lockdown period. Please remember that although school is not open we are all still here to support.

Any safeguarding concerns can be reported to [admin@hexhammiddle.org.uk](mailto:admin@hexhammiddle.org.uk) or Mrs Curry can be contacted on 01434 602533.

Children's Services also remain open throughout this time 01670 536 400.

## *E-Safety*

As we have all moved online it is important to remember our basic e-safety principles:

- 1) Never communicate with anyone you don't know
- 2) Never share personal information
- 3) Never share passwords
- 4) Be kind online—just because it's typed doesn't mean it doesn't hurt
- 5) Report anything suspicious to a trusted adult

<https://www.thinkuknow.co.uk/>