

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)**

### Support for You

You will have seen in the news this week that school is re-opening in the next couple of weeks. Mr Watters will be in touch soon to let you know all the finer details but as we start to think about returning to school here are some suggestions of things you can do to prepare:

- Try on your uniform!
- Get your pencil case out and check you have everything you need for school
- Set your alarm each day and get up at the time you usually would for school
- Send messages to check in with some of your friends
- Look over your normal school timetable so you know which days you have PE and what you need each day



### Support for Parents

Whilst the re-opening of schools will come as a huge relief to most parents, we appreciate that this may prompt some questions/concerns in some of our pupils.

Northumberland County Council have put together a bank resources with a specific focus on the return to school:

[https://padlet.com/nies1/return\\_to\\_school](https://padlet.com/nies1/return_to_school)

These resources can be used by home or school but there is a specific section for parents which may be helpful in supporting your child's return to school.

The link below also provides a series of useful articles/ideas which could be helpful to parents in preparing their children for returning to the classroom:

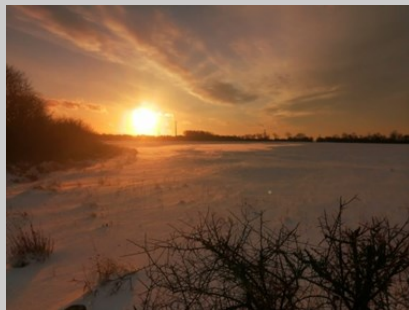
<https://www.edutopia.org/article/back-to-school-resources-parents>

## Lockdown 3.0—A Staff Snapshot

In lockdown one, we decided to embark on a mission to redesign our garden. This included digging 8 foot trenches to plant hedges and building raised beds as well as bin stores amongst many other garden features out of Mrs Adams' recycled decking.



This lockdown has been very different as I have been in school every day but when we found out sport would be cancelled, we needed to find something to do with our weekends and holidays. My football team and I completed a challenge to run 500 miles as a team throughout the month of January, which was very good challenge in the snowy conditions! We are also lucky enough to live a hill meaning we could end our run with a sledge down the hills... although not always successfully. We did make a new friend along the way...



For our big project we decided to finish our garden ready for, hopefully, a sunny summer! One of my aims in 2020 was to learn DIY and this was another aim for 2021! After seeing the work Mr Freeman-Myers did over the summer we thought we would give it a go too.



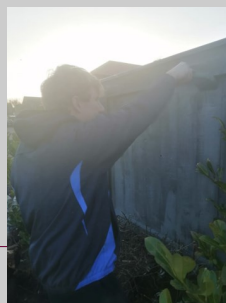
In order to start the work we needed to cut down bushes and prepare the land ready for our fencing company to come in and install our new fence and gates! We also took this opportunity to relay our lawn, build a bee garden, create a wood store and the big job of painting the fence...



After watching all of the Karate Kid movies and the Cobra Kai series I was well trained by Mr Myagi and knew exactly how to paint the fence. Who knows, maybe now I am a master of Karate...

See you all back school soon!

Mr Barry



## Weekly Challenge: Bake-a-book!

### #HMSWeeklyChallenge

Miss Prince will be sharing details of this in the weekly newsletter as well but, as part of our World Book Day celebrations next week, we are setting you the challenging

of baking a cake to represent a book of our choosing. It could be one big cake, or smaller cupcakes. If cake isn't your thing, you could construct a savoury alternative?!

Try and be as creative as you can and be sure to send us your pictures. Prizes will be awarded to the top three cakes! We can't wait to see what you come up with. Happy baking!



### 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/>