



6th January 2021

Dear Year 13,

Firstly, I would like to wish you a Happy New Year and hope that you are well.

I wanted to get in contact with you regarding your exams and lockdown following the recent update from the Government on Monday evening.

As a school, we realise that this is a challenging time for you all. I know that many of you are anxious and that the uncertainty is unsettling and confusing. It is important that you realise that your teachers and the Sixth Form team are here to support you. We will continue to work with you closely over the next few months to support you getting the grades and outcomes you deserve. As a year group, you have made an excellent start to Year 13 and we are all incredibly proud of you.

My key message to you is not to give up, in fact, you need to maintain the good work you have put in so far and continue that strong work ethic you have shown. We are still not sure how you will be awarded your grades, whether it is through centre-assessed grades like last year or based on internal assessments this year or an exam. We do know that this will be done fairly and will recognise the work you have done thus far and the work you do from now until the end of the year.

Knowledge is power and the best gift we can give you is the abundance of knowledge you need to be successful for the next step in your academic careers; be it a degree, apprenticeship or the world of work. Therefore, you need to continue to attend all online Teams lessons, complete all the work set by your teachers, read widely to ensure you maintain, or in fact develop, a stronger level of vocabulary, and continue to enjoy learning new knowledge that will lead you on to great things.

Some of you did not attend your online lessons Monday or Tuesday. It is essential that you all attend every lesson so that you do not fall behind; you will also have the opportunity to speak to your class teacher in these sessions and raise any concerns that you have with them.

Please refer to the Year 13 SharePoint pages on the website, for guidance on revision and support on how to look after your wellbeing. I have also included some links below.

I am fully aware that being at home like this and carrying out remote lessons is not without its challenges and so if you have any problems accessing work via SMHW or MS Teams please let your tutor know and contact your teachers directly so they are aware it is something that is being looked into. I am also very aware that it isn't just studying at home that some of you might be finding stressful or difficult, just being confined at home can mean you might be feeling stressed, anxious, upset, worried about friends/family or down at different points during the days and weeks. There are steps you can take that I will outline, your wellbeing is just as important as your studies right now and it is not time wasted to work on and improve your wellbeing.

Apps like Headspace and relaxation and mindfulness videos on YouTube are only a click away! It can be nice to give your day some structure and set aside 15 or 30 minutes a day to do a relaxation/mindfulness/breathing exercise to help promote and maintain your wellbeing.

I will be in regular contact with you but please continue to keep in contact with Miss Bevan and tutor.

Please make sure that if you have not sent off your UCAS application that you contact Miss Bevan lbevan@carshaltongirls.org.uk as a priority. Mrs Connolly hconnolly@carshaltongirls.org.uk is also available to support you with concerns.

Kind regards,

Mrs Norman

Place2be

<https://www.place2be.org.uk/>

How to **protect** your mental health

<https://www.bbc.co.uk/news/health-51873799>

Free Safe and anonymous support for your mental wellbeing

kooth.com

A lovely site on mental wellbeing

<https://www.actionforhappiness.org/>

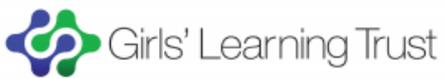
Sharp

<https://carshaltongirls.thesharpsystem.com/>

Off The Record

<https://www.talkofftherecord.org/sutton/>





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