



# Head's Up (... date)



Welcome to the fifth edition of Head's Up ...date!

Friday 5<sup>th</sup> February 2021



## Year 11– DfE Consultation Closed

The DfE consultation period is now closed. We have been told that we will not receive any clarity from this process until after half term. So, we will not be holding a parents evening until clear guidance for pupils, parents/carers and schools has been provided. We will be sure to provide you with clear communication about how grades will be awarded this summer once we have it. For now we know that all pupils need to engage with their learning.



## Year 9 Options Deadline

All choices should be made by today - Friday 5<sup>th</sup> February.

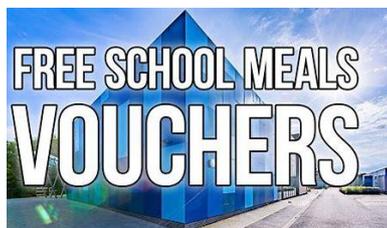
[Options Information](#)

## Thank you for your understanding!

We are all coping with challenging situations with the current lockdown, but the Ian Ramsey 'Live' remote learning continues to be a huge success. However, we appreciate your understanding when staff are unable to deliver live lessons and work is uploaded to Google classrooms instead, for pupils to complete independently. This is due to a number of reasons, not least, when staff are themselves unwell. On top of the normal winter coughs and cold, the academy staff are also susceptible to Covid-19 along with everyone else. We will, of course, ensure that pupils are provided with the appropriate resources to continue their learning in all subjects.



## Winter Grant Payments



The government have put in place a scheme to support families through half term. This will be in the form of a payment of £25 and will be paid directly into your bank account from the academy. If you are already in receipt of a Free School Meal allowance, you will automatically receive this and there is no need for you to complete the form attached. If you are not in receipt of a Free School Meal allowance, but are experiencing financial hardship due to the current pandemic situation, you will be sent a form to complete by Monday 8<sup>th</sup> February 2021 and we may be able to assist you. You will receive a separate letter from the academy with all the details you need to apply. If successful, you will receive the £25 per pupil during the week beginning 15<sup>th</sup> February 2021.

Remember, if you have not claimed for free school meals in the past but now feel, due to a change in circumstances, that you may well be eligible, please email: [enquiries@ianramsey.org.uk](mailto:enquiries@ianramsey.org.uk)

## Baking Competition – The Results!

Well done to everyone that took part.



### Year 7:

- 3rd Place - Brooke - Friends cake
- 2nd Place - Alfie - Lotus biscuit cake
- 1st place - Katie - NHS/COVID-19 themed cookies

### Year 9:

- 3rd place - Libby - Greggs donut and hot chocolate
- 2nd place - Emily - Harry Potter cake
- 1st place - Jessica - Harry Styles ombré

## Half-term holiday

The academy breaks up on Friday 12<sup>th</sup> February 2021 for all pupils. We will re-open to vulnerable and critical worker children on Monday 22<sup>nd</sup> February 2021. It is important that the children and staff have a rest from the rigours of 'live' remote teaching, so remote lessons will also stop for the period of half term.



## Prime Minister announces schools closed until at least 8<sup>th</sup> March 2021!

(Not 2011 as stated last week)

We still have Chromebooks available for our young people to borrow during lockdown. We have already loaned out over 287 Chromebooks, and rising and we still have more available. Learning will continue to be remote, 'live' lessons, so it is even more important that each child has their own laptop/Chromebook to access their lessons each day. We can help and are very pleased to be able to provide the necessary Chromebooks and support to get up and running.

If you are having problems accessing your Remote Learning because you don't have access to an appropriate device on which to do it, then please **ask your parent/carer to contact Mr Snowden, Deputy Head**, and we'll be able to help you (a phone is not appropriate!). This includes loaning multiple devices to the same families. Pupils need access to their own laptop or Chromebook. (Email address: [snowdenp@ianramsey.org.uk](mailto:snowdenp@ianramsey.org.uk))



Some of the mobile phone companies are also offering free data whilst we are in lockdown, but you have to meet certain criteria for this – you can find out more at <https://get-help-withtech.education.gov.uk>

**Problem Solved!**

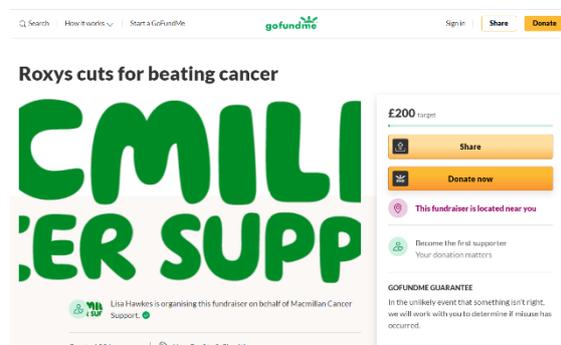
**'POSH BEANS' –** This week Miss Coull has set you a challenge of “posh beans on toast”. If you would like to take part, all you have to do is present the ingredients in the style of fine dining and send your entry to [coullj@ianramsey.org.uk](mailto:coullj@ianramsey.org.uk)

The competition closes Monday 8th February 2021 at 7pm

## Brave the Shave



Year 7 Roxy is going to 'brave the shave'. If you would like to support her, please follow the link below. More photos to follow.



<https://uk.gofundme.com/f/roxys-cuts-for-beating-cancer?qid=d15ed65dbae264dffaac6d6f6e4861ad>

## Celebration of artistic talent

Check out the school social media platforms to see more of our fantastic art work. Children, parents and carers have all been joining in with our 'drawing' week. We know that these kind of activities can have a significant positive effect on our mental health and wellbeing.

### Artwork by Emma – Year 8



## Looking after our Mental Health and Wellbeing

### THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



### 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.
- 3 Create structure and routine**

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**

Look online with your children to find useful information and resources that help children feel they have control.

### 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 5 Keep children learning**

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- 6 Limit screen time and mix up activities**

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- 7 Help your child manage stress**

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.
- 8 Expressing feelings doesn't have to be face-to-face**

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'Feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

## Anxiety presents itself in many different ways...

- The desire to control people and events
- Difficulty getting to sleep
- Feeling agitated or angry
- Defiance and other challenging behaviors
- Having high expectations for self, including school work & sports
- Avoiding activities or events (including school)
- Pain like stomachaches and headaches
- Struggling to pay attention and focus
- Intolerance of uncertainty
- Crying and difficulty managing emotions
- Over-planning for situations and events
- Feeling worried about situations or events

## Managing Stress

- Get adequate sleep
- Eat a regular, balanced diet
- Exercise!!! Get going for 10 mins or 15 mins, you will feel better
- Belly breathing exercises
- Seeking help from mental health workers
- Changing how you perceive or view stress
- Talking to a friend, partner, family member, teacher, or another adult whom you trust.

## TYPES OF SELF-CARE

PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL
<ul style="list-style-type: none"> <li>Sleep</li> <li>Stretching</li> <li>Walking</li> <li>Physical release</li> <li>Healthy food</li> <li>Yoga</li> <li>Rest</li> </ul>	<ul style="list-style-type: none"> <li>Stress management</li> <li>Emotional maturity</li> <li>Forgiveness</li> <li>Compassion</li> <li>Kindness</li> </ul>	<ul style="list-style-type: none"> <li>Boundaries</li> <li>Support systems</li> <li>Positive social media</li> <li>Communication</li> <li>Time together</li> <li>Ask for help</li> </ul>	<ul style="list-style-type: none"> <li>Time alone</li> <li>Meditation</li> <li>Yoga</li> <li>Connection</li> <li>Nature</li> <li>Journaling</li> <li>Sacred space</li> </ul>

## ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

- NHS Every Mind Matters**  
www.everymindmatters.nhs.uk  
This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional wellbeing.
- Kooth**  
www.kooth.com  
This site contains free mental health support with their online counselors. It's a free sign-up service that has resources such as discussion boards, helpful opportunities written by young people and an option for them to write mood journals & set positive goals.
- Childline**  
www.childline.org.uk  
A national health charity for children & young people that has a wealth of helpful videos, games and articles. They have a free telephone helpline 0800 1111 and message boards where young people are encouraged to share experiences and support each other in a positive way.
- Papyrus**  
www.papyrus-uk.org  
A mental health charity dedicated to preventing suicide, suicide by providing support and resources for young people and their families. They have their 'Respectful' call: 0800 068 4141. Free: 09000 39922 / Email: papyrus@papyrus-uk.org for children and young people who are experiencing thoughts of suicide, or the person concerned for a young person that could be thinking about suicide.
- Calm Harm**  
An app to help teenagers manage their urge to self-harm by providing a wide range of distraction techniques.
- Combined Minds**  
This is a free app for parents, families & friends with practical advice on how to provide mental health support to children & young people.
- Cove**  
A mental health app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.
- Stem4**  
www.stem4.org.uk  
A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions in active resources.
- YoungMinds**  
www.youngminds.org.uk  
A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising campaigns to raise awareness for children & young people's mental health.
- Samaritans**  
www.samaritans.org  
A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email: jpb@samaritans.org 24/7.
- Child Bereavement UK**  
www.childbereavementuk.org/youngpeople  
A free service that resources for young people who are grieving, as well as providing information & advice to professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028480.
- Clear Fear**  
An app to help children & teenagers manage anxiety through distraction & helpful activities.
- Calm**  
A mindfulness app that includes various relaxing sounds to listen to as well as 'sleep stories' & some guided meditations.
- Headspace**  
An app to help you get the most of a 'boosted feel' to it with various talks, guided meditations and helpful videos available.

**NHS**  
Tees, Esk and Wear Valleys  
NHS Foundation Trust

### Child & Adolescent Mental Health Service Virtual Workshops for Parents and Carers

The following online workshop is now available to book on to, which will be delivered live and free of charge via Microsoft teams for **parents and carers in Teesside**.

<p><b>Understanding Anxiety</b> Wednesday 10<sup>th</sup> February 2021, 4pm-</p> <p>We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.</p>	<p><b>Emotional Wellbeing</b> Wednesday 17<sup>th</sup> February 2021, 10am-11am</p> <p>We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.</p>	<p><b>Understanding ADHD</b> Monday 8<sup>th</sup> March 2021, 10am-11am</p> <p>This workshop will provide an awareness of ADHD and the core symptoms that children and young people may experience. We will explore the impact ADHD can have on children, young people and their families and give an overview of the assessment process.</p>
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To access the CAMHS parents and carers workshops, please contact: [TEWW.CAMHS-Training@nhs.net](mailto:TEWW.CAMHS-Training@nhs.net)  
And provide the following information:

- Which workshop(s) you would like to access
- Your name
- The school(s) your child(ren) attend
- Which locality you live
- Email address
- Age(s) of your child(ren)

Let's help every child  
**thrive**

# Wellbeing Kit

Wellbeing activities for children up to 16 years old.

### Digital detox

Limit device use to 2 hours daily (online schooling is allowed). Uninstall unused apps and mute devices when you're with others. Try to switch off by 9pm.



### In the moment

Bring your attention to the space you are in. What can you see, hear and feel?

### Did you know?

Mindfulness is practiced by performers, athletes and more. [Click here](#) to learn more and start your mindful journey.

### Relax

Getting enough sleep has a huge impact on how we feel and think each day.



### Morning treat

Mix frozen banana, 1tsp coco or cacao powder, 1tsp peanut butter, milk, honey or maple syrup.

### Reflective journal

Keep a daily journal of thoughts and feelings. Record what you are grateful for each day.

### Routines

A list of daily rituals helps keep you on track and in tune with your life. [click here for ideas](#).

### Stress catcher

Life can feel really challenging, it is important you develop some [coping strategies](#).

### Sit with sensations

Scan your body from head to toe. Name, label and observe any sensations, without judgement.

### Take a walk

Being in nature could help you to stay in the present and focus a [wandering mind](#).



### Natures ornaments

Beat the lockdown blues by getting outside and creative! Have a go at making an [ice ornament](#).

### Express yourself

Express your internal feelings by creating a comic for teens on managing this situation, who are villains and the heroes? Paint, draw or write it.



Please note, underlined text are hyperlinks to websites. Thrive® is not responsible for the content on these websites. Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so. © Fronting the Challenge Projects Ltd



## FOOD TECHNOLOGY

If your child is studying food and nutrition at KS3 next week, there will be optional cooking tasks as part of their double lessons. If you wish for your child to take part, ingredient lists will be posted the week before the lesson is due to take place. Pupils must have parent permission and are to follow the strict health, safety and hygiene rules that would be expected in the school kitchen.



## LGBT+ History month: (click) [12 icons you should know about](#)



## Change of details – Important!

If your personal details have changed; change of address, phone numbers, email addresses etc. can you please contact the school using Edulink to keep this information current.



## FE college and Careers News Updates.



Stockton Sixth Form  
**Open Evening**  
Wednesday 10th February  
5pm - 7pm  
Apply now:  
[www.stocktonsf.ac.uk](http://www.stocktonsf.ac.uk)



etc.  
BEDE SIXTH FORM COLLEGE  
**ONLINE PARENTS' INFORMATION EVENT**  
TUES 9TH FEB  
6:00PM - 8:00PM  
Offering an insight into progression, student finance, the support we can offer, career opportunities and guest speakers.  
[www.bede.ac.uk](http://www.bede.ac.uk)



**Virtual Digifest**  
Thu 18th Feb 2021  
Taking you higher

Link for Middlesbrough College Digifest below:

[https://www.mbro.ac.uk/about-us/events/detail/2021/02/18/default-calendar/virtual-digifest?utm\\_campaign=1878277\\_Virtual%20Digifest%20invite&utm\\_medium=email&utm\\_source=MIDDLESBROUGH%20COLLEGE%20MANAGEMENT%20SERVICES%20LTD&dm\\_t=0,0,0,0](https://www.mbro.ac.uk/about-us/events/detail/2021/02/18/default-calendar/virtual-digifest?utm_campaign=1878277_Virtual%20Digifest%20invite&utm_medium=email&utm_source=MIDDLESBROUGH%20COLLEGE%20MANAGEMENT%20SERVICES%20LTD&dm_t=0,0,0,0)



**Live Apprenticeship Q&A!**  
Tuesday 9th February  
2:30-3:30pm  
Middlesbrough College Northern Gateway Apprenticeships

**PERFORM WITH APTA**  
Get exclusive access to our online workshop from the Tees Valley's highest achieving Performing Arts Academy.  
A day of workshops with our exceptional staff and industry professionals!  
**WEDNESDAY 17TH FEBRUARY, 10AM-3PM**  
At APTA we have 97% 16-18 year old achievement rate!  
APTA Academy of Performing and Technical Arts STOCKTON RIVERSIDE COLLEGE

Pre-register for the session here for the Live Apprenticeship Q and A.

<https://bit.ly/2NU60So>

## Invitation for Parents: Success Beyond School

**Free expert advice on guiding your child to a successful career**

We are delighted to announce our "*Success Beyond School*" events for this term: **free-of-charge** interactive 'Live Online' seminars designed to help parents supercharge their children's career potential.

**Wednesday 24th February: The Skills Surgery**

How to break into careers in medicine, dentistry and veterinary science

**Wednesday 3rd March: The Power of Networks**

How your child can build a powerful professional network

[https://investin.org/pages/parent-series?mc\\_cid=ee2069ea09&mc\\_eid=f01ef86638&mc\\_cid=9d3869a534&mc\\_eid=f01ef86638](https://investin.org/pages/parent-series?mc_cid=ee2069ea09&mc_eid=f01ef86638&mc_cid=9d3869a534&mc_eid=f01ef86638)

**These events are for parents of students aged 12-18 and free to attend.**

Joy Hope Forgiveness Wisdom Perseverance  
Ian Ramsey Church of England Academy

# PERSONAL DEVELOPMENT w/b 8<sup>th</sup> February 2021

On **Tuesday 9th February** we will be joining schools and youth organisations across the UK in celebrating **Safer Internet Day 2021**.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and more to join together in helping to create a better internet.



Using the internet safely and positively is a key message that we promote at Ian Ramsey and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. Pupils in all year groups will have access to a lesson on this year's theme –

***'an internet we trust: exploring reliability in the online world.'***

This will take place in the pupils' regular Personal Development lesson throughout the week. We would be delighted if you could join us in celebrating the day by continuing the conversation at home.

To help you with this, you may be interested in downloading the free Safer Internet Day Education Pack for Parents and Carers which is available at: [saferinternet.org.uk/sid-parents](https://saferinternet.org.uk/sid-parents). There are also [top tips](#), a [quiz](#) and [films](#) which you can use at home with your child. Some other resources which you may find helpful in supporting your child online are:

- Advice for parents and carers from [Childnet](#)
- Tips, advice and guides for parents and carers from the [UK Safer Internet Centre](#)
- Guides on popular apps and games from [NetAware](#)
- Reviews and information about games, apps, TV shows and websites from [Common Sense Media](#)
- Help on using parental controls and privacy settings from [Internet Matters](#)
- Information and reporting of online grooming or abuse from [CEOP](#)

***Online safety is an important issue which, as a school, we're committed to teaching our pupils about.***

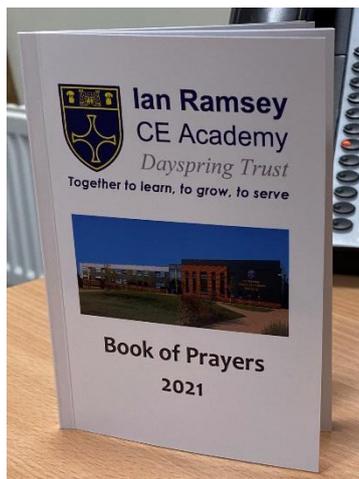
## Staff portrait competition



To lighten the mood a little in these challenging times, the staff at Ian Ramsey were asked to complete a portrait of Mr Janes, Head teacher or his Deputy, Mr Snowden. There were lots of wonderful entries, but Mrs Craven (RE) scooped first prize with a baked effort!

The likeness is uncanny! Well done, Mrs Craven.





Our first ever **Ian Ramsey Book of Prayers** is now freely available to everyone in the academy. These pocket-size treasures contain prayers written by the entire school. Each year group is featured, with a prayer from each tutor group on their Christian value. Year 7 wrote prayers about 'Joy', Year 8 focussed on 'Hope', Year 9 covered 'Forgiveness', Year 10 looked at 'Wisdom' and finally, Year 11 wrote about 'Perseverance'.

We would love you, however, to make a small donation if possible and Parent Pay has been set up to allow donations of between 50p and £10! All proceeds will go towards our academy hardship fund to support those less fortunate than ourselves.

Those donating through Parent Pay will have it delivered shortly. However, should you wish to simply receive a copy without donation, which is absolutely fine, please contact Mr Snowden, Deputy Head, at the usual email address: [snowdenp@ianramsey.org.uk](mailto:snowdenp@ianramsey.org.uk) and we can arrange for delivery to your home.

### Lent Course 2021

The last year has seen many of us experiencing 'firsts': using ZOOM, Google Classroom, masks/visors, social distancing ... the list goes on and on. But this year, why not really do a first? Why not complete our Lent course? You might be looking for things to keep you occupied over the next few weeks and what better way than with your own thoughts, reflecting on things completely unassociated with pandemics!



Commencing Wednesday 17<sup>th</sup> February, we will issue Lent resources which this year will focus on Pilgrim Pathways. This 6-week course ending on April 3<sup>rd</sup> will take you on a metaphorical journey. Each week's resources will not have you tied up all day but, just for a short while, allowing you to have a little peace and calm and to reflect on the task at hand.

Keep your eyes on the website for the link to the resources and see if you can make it through the 40 days and 40 nights on this Pilgrim Pathway.



Have a great weekend and look out for our end of half-term Head's Up (date...) next Friday!

One more week to go!

