



Issue 9 - February 2021

Henlow Heart

Welcome to the February edition of our Henlow Heart newsletter! In the current era you might be expecting a smaller offering with a limited number of articles but I'm proud to tell you that we have included a full range of articles reflecting in- school activities and remote learning pursuits. Staff and pupils are proud of the fact that many aspects of our curriculum and our approach to well-being are represented here.

Year 5 are very well represented in the snowy pictures but have also been working on their daily challenge and writing inspired by the literature festival. Year 6 have been celebrating 'work of the week' and have been set a challenge to take photographs at Half Term for Mr Gully. Year 7 have recently shared their photography with their peers and are working towards an exhibition. Examples of their poetry also reflect their endeavours. The Year 8 bake off was successful even without getting to taste the cakes!

The way in which we are operating at the moment brings challenges for all but coping with these and finding new ways forward has brought our core values to the fore. Henlow Academy has always worn its heart on its sleeve- hence the name of our newsletter- and we continue to do so. The Pupil Premium goody bags are an example of this but there are many other ways in which pupils and families are seeking and gaining support from school during this time. Our school office is open for phone calls through school hours and we continue to encourage parents to phone or email with any concerns.

With regard to learning, we have added a 'live strand' to our home learning and the feedback from pupils and parents has been very positive. As per government guidelines we are ensuring that the curriculum offered to pupils in school is the same curriculum offered for home school. The 'live strand' ensures that all pupils remain connected with their teacher and their peers - in English, maths and science weekly and fortnightly in all other subjects. Our live assemblies support the wider development of pupils in addition to the live Google meetings that form groups have.



We have received feedback from parents regarding many aspects of our current work and are genuinely very grateful for those who have offered thanks and appreciation. Feedback asking for clarification or helping us to gain an insight into home learning has also helped us to adjust our offer- hence the live strand and the WiFi free Wednesdays that are explained in later pages of the newsletter. Thank you to the many who have shown an understanding of the middle school context - 20% of Henlow Academy's pupils are currently in school and are taught throughout every day in small bubble groups. The staffing required to meet the needs of our in-school pupils is considerable. The national figure for attendance in secondary schools last week was 5%.

Half Term will undoubtedly feel different this year but I hope everyone will be able to spend a moment reflecting on the resilience they have already demonstrated. The pancake challenge will be a focus for some and the library updates offer opportunities for pupils to enjoy some new avenues in their reading. A few lie ins, a phone call to wider family, a longer ramble than you usually have time for,.... I'm sure some creative ways of resting will be found and it is going to be a little warmer than this week.

Yours

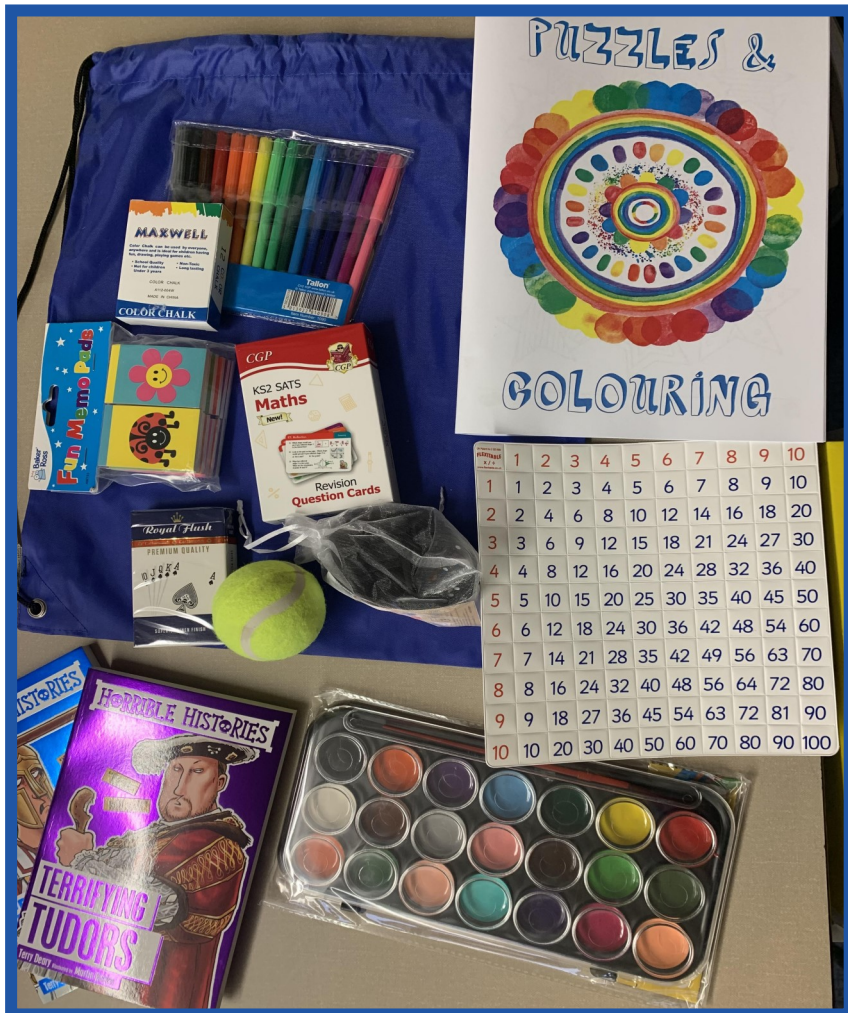


Caren Earp

Pupil Premium Goody Bags



On Friday 5th February the school set about delivering 145 goody bags to our Pupil Premium pupils. The goody bags contained a range of educational resources as well as craft activities and books. They also contained the ingredients for a family meal. Thank you to Morrisons who supplied us with 145 paper bags for the food. The nature of our school feeder area meant that we undertook deliveries all over Central Bedfordshire! A huge thank you to all the staff involved in putting the bags together and delivering them, including Mrs Earp who rode 24 miles delivering parcels on her bike! We have received some lovely feedback from pupils and families. Julia Cave is our new Pupil Premium Champion. If you would like to talk to Julia about Pupil Premium please email jcave@henlowacademy.org.uk.



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Blended Learning Update



Thank you so much for your support with blended learning this half term. We have really appreciated your patience and understanding when there have been some blips, we are pleased with how each element is working.

The children are receiving a broad and balanced curriculum, which aligns with our whole school long term curriculum planning; the live sessions are providing good feedback and are allowing misconceptions to be addressed as well as challenges posed; pastoral systems including morning check ins and assemblies allow children to feel connected to school, their classmates and teachers; and of course this provision is extended to the children who are accessing school at the moment.

This of course remains a fine juggling act and we are unsure as to how much longer we are working in this model. Like you, we hope we have a clearer understanding about wider school reopening when the government makes its announcement on Monday 22nd February. With this in mind we would like to introduce 'Wi-Fi Free Wednesday' after half term.

As the name suggests 'Wi-Fi Free Wednesday' is an opportunity to have less screen time, focus on other pursuits and explore learning in a different way, as well as to consider aspects of well-being. So, after half term there will only be two lessons posted for each year group [Year 5 history/geography and assembly: Year 6 history/geography and assembly: Year 7 history/geography and computing: Year 5 history/geography and PE], during the remaining time children will be encouraged to pick an activity or two from the grid overleaf. They will then be encouraged to share with their tutor what they have been doing, including sharing photographs. We will try and avoid scheduling 'live sessions' on Wednesday, however sometimes this is unavoidable due to staff commitments throughout the remainder of the week. It may be the case that your child has opportunities to work away from the screen at other times during the week.

We aim to update a new grid each fortnight and would welcome ideas from children and parents alike to include in the next suggested grid. The grid is a suggestion only, some children may have other hobbies and interests which could be completed as an alternative, such as: music lessons, instrument practise, crocheting, knitting, painting, fitness training, reading.

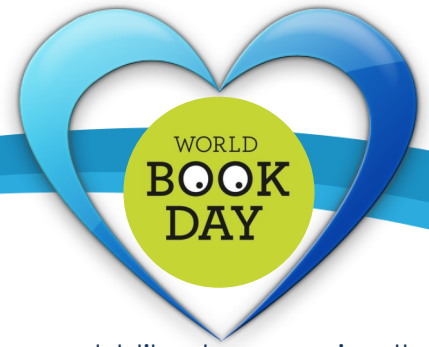
WiFi Free Wednesday



Making	Reading	Fitness	Service	Genius
Make a boat that will float in the bath or sink. What materials might work best?	Make a story sack. Choose a book you love and collect items from around the house that you could use in its retelling.	Make up your own Joe Wicks style work out routine. Teach it to someone else.	Make a thank you card for someone who has done something kind or nice for you.	Learn to juggle with three balls or rolled up socks.
Cut up a picture from a magazine (or draw one) and make your own jigsaw puzzle. Challenge someone to complete it!	Act out a scene from your favourite story. Can you include props?	How many jumping jacks can you do in thirty seconds? How many burpees?	Pick up litter (safely) when you go on your daily walk.	Learn to tie a shoelace. Relearn to tie a tie!
Make a bird feeder by threading raisins, small cubes of cheese and a piece of apple onto a wire or string.	Write a letter to your favourite author, telling them why you love their books. Post it to their publisher.	Make your own assault course, challenge your family to complete it. Who is the fastest.	Write a letter to someone you admire and tell them why.	Start a diary or journal.
Design your own board game. Play it with your family.	Find an old newspaper or magazine. Carefully circle a word from each line to see if you can make a sentence or even a poem. Read it out loud.	Carry out a nature study walk, jot down how many birds, trees, flowers you spot.	Do five kind things throughout the day, write them down and share with an adult.	Say 'please' (por favor) and 'thank you' (gracias) in Spanish all day today!
Draw a map of an imaginary country. Give it a name and create new cities. What geographical features can you add?	Make a list of all the things you read in one day. How many types of reading do you do?	Play your favourite songs and challenge your family to a dancing competition.	Help to prepare a meal for your family, including the tidy up afterwards!	Learn how to count to 10 in another language off by heart. Teach someone else how to do it.
An idea of your own...	An idea of your own...	An idea of your own...	An idea of your own...	An idea of your own...

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

World Book Day



At Henlow we love to celebrate World Book Day! This year we would like to organise the following book and reading initiatives which pupils can participate in school or at home.

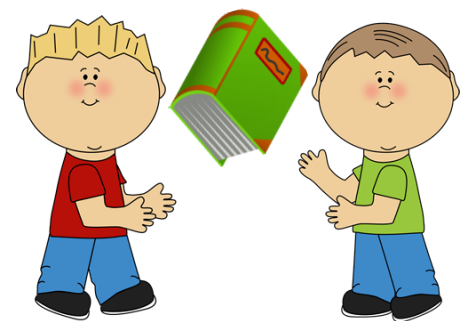
We would like as many of our school community as possible take part in the following:

- On Thursday 4th March Pupils in school and at home are invited to dress as their favourite book character. Send us your photos and share them in class Hangouts that day.
- There will be a book themed school dinner on Thursday 4th March.
- We would love pupils to take a picture of themselves reading in different or unusual places.
- Pupils can create a video of themselves, dressed up as a character if they have a costume, catching a book being thrown from the **right**, reading a bit to themselves and then throwing it to the **left** so when it's put all together the video looks like people are throwing a book to each other.
- Pupils can create a video of themselves reading a line or 2 from their favourite book. These videos would then be put together to create **The Great Henlow Story Mash Up of one strange story! (The trick is to pick really interesting sentences!)**

Please email your videos and photos to

SAG@henlowacademy.org.uk

Photos and videos need to be submitted by Tuesday 2nd March



World Book Day Vouchers

These are now available in digital format.

Please see attached links to download the voucher for your child.

https://www.worldbookday.com/wp-content/uploads/2021/01/booktoken_PrimaryUK.pdf

https://www.worldbookday.com/wp-content/uploads/2021/01/booktoken_SecondaryUK.pdf

Snow Days



Mrs Brown and her snow family



Max D 5SG, Jack 8GS & Lily 5MW



Max H, 5RR and his family



Olivia W, 5RR snowy scene



Alex T, 5MW making snow angels



Melody M, 5NS playing in the snow



Kieran A, 5IL and their giant snowman



Jasmine M, 5IL making a snowman



Seth R, 5RB sledging

Snow Days



Chloe W, 6AW building a snowman with her brother.



Zed D, 5RB with his snowman and snow dog!



Holly W, 6SM braving a frozen pond!



Xanthe W, 5SG playing in the snow.



Josh T, 5RR making snowballs



Melodie May, 5NS mid snow ball fight!



Harry S, 5IL having a snow ball fight.



Toby L, 5RR playing in the snow.

Snow Days



Our in school pupils had a special treat with a lunchtime playing on the field in the snow!



Goodbye Dear Friend



It was with great sadness that 2020 ended with the loss of a Henlow legend. Martin Leavey had been ill for some time after being diagnosed with a brain tumour in 2018. Martin retired from Henlow Academy in 2019 after 34 years as a PE and Humanities teacher.

We have been blown away by the number of contributions we have received for Martin's memorial book. We have received messages from former pupils, staff and those who had come across Martin in the community. The over whelming message from all the contributions is what a kind, caring, friendly and committed person Martin was and the incredible impact he had on the lives of others.

It was very sad that we could not all be present at Martin's funeral to celebrate his life. You can watch Martin's funeral by going to www.obitus.com The username is Goda6747 and password is 225103.



School pays tribute to 'generous and determined' teacher Martin Leavey

A Bedfordshire school is asking former students and staff members to contribute memories of a much-loved teacher, Martin Leavey, who sadly passed away last month.

Henlow Church of England Academy will be compiling contributions into a memory book to share with Mr Leavey's family.

Martin retired from the school in 2019 after 34 years of service as a PE and humanities teacher.

He started out in 1986, having been appointed by the first headteacher of Henlow CoE

GEORGIA BARROW
georgia.barrow@archant.co.uk

Academy.

Generations of pupils enjoyed his PE and humanities lessons and staff say visitors to the school always ask about him. The role he enjoyed most was head of PE.

He recently recalled to a colleague the reason why he had stayed so long - he realised he "had found somewhere truly special".

Martin sadly died on December 31, after being diagnosed with a



Martin Leavey, - pictured receiving his long service award when he reached 30 years service at Henlow Academy - sadly died on December 31.

brain tumour in 2018.

The school announced the news on its social media channels that afternoon, and was met with more than 100 responses from parents, former pupils and colleagues, with one describing him as "amazing in every way".

Headteacher Caren Earp said: "He was, to thousands of pupils and his colleagues, so much more than a teacher and at this difficult time I want us to remember his welcoming smile, his humour, his

generosity and his determination."

Ms Earp continued: "Members of our community regularly share their 'Martin Leavey story' as soon as they enter our building and I'm sure this tradition will live on.

"We cannot be together to grieve in this era but Martin will be in all of our thoughts today and beyond the current restrictions when we can organise a way of celebrating his life.

"Martin was very much part of

the fabric of our school and we will all miss his presence in the many activities which are part of school life."

Now, Henlow Academy would like to hear from staff, pupils and community members who have memories, photos or condolences they would like to include in the memory book.

To contribute to the memorial, email ML@henlowacademy.org.uk by Monday, February 1.

School Action Group



School Action Group have been meeting virtually since September and remains open to all pupils. Meetings are every Tuesday at 4pm and pupils can join via the link in the School Action Group Google Classroom.

Moebius Syndrome

Awareness Day

Sunday 24th January was Moebius Syndrome Awareness Day. This is an awareness day with School Action Group



promote because one of our members, Dillon in 8RT has Moebius Syndrome.

[Click here](#) to view Dillon's information video on Moebius Syndrome.

The SAG Weekly Quiz

After the success of the 12 days of Christmas quiz which we ran last term, School Action Group have launched a weekly quiz which can be found on the 'Whole School Message' Google Classroom. This can be completed individually or as a family.

Please so submit any good quiz questions you have through the Google form on the SAG Google Classroom.



The SAG Pancake Competition

We are running a pancake competition with Mrs Williamson to find the best pancake creations.

Challenge A - design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design.



Challenge B - design and make a 3D pancake object or scene using either sweet or savoury pancakes.

Submit your entry by 23rd February to be in with a chance of winning a prize.

School Action Group



School Action Group has been running '100 things to remember Captain

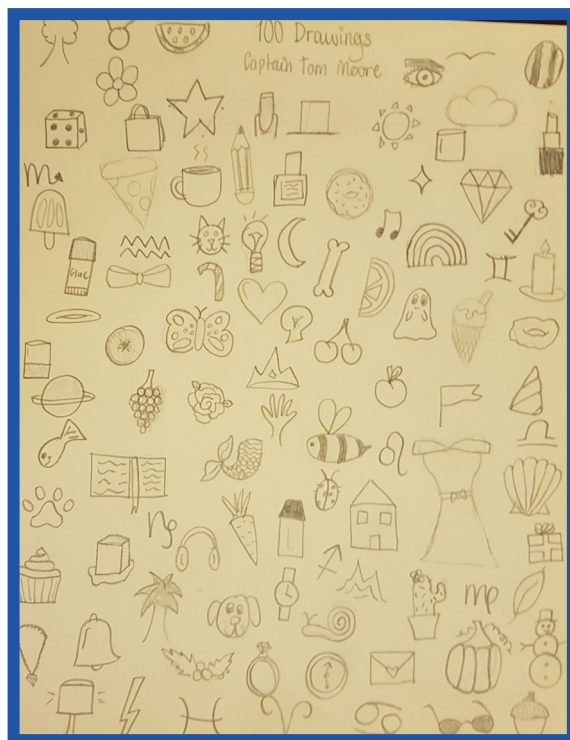
Sir Tom Moore'. Here are some of the ways we've been remembering him.

Alexandra R read 100 chapters of books.

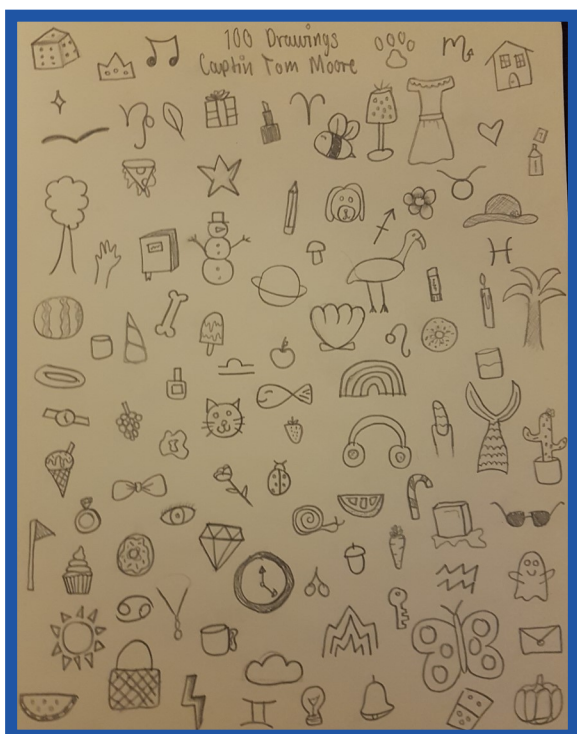
Kye C did 100 minutes of outdoor activity

Alex T did 100 steps.

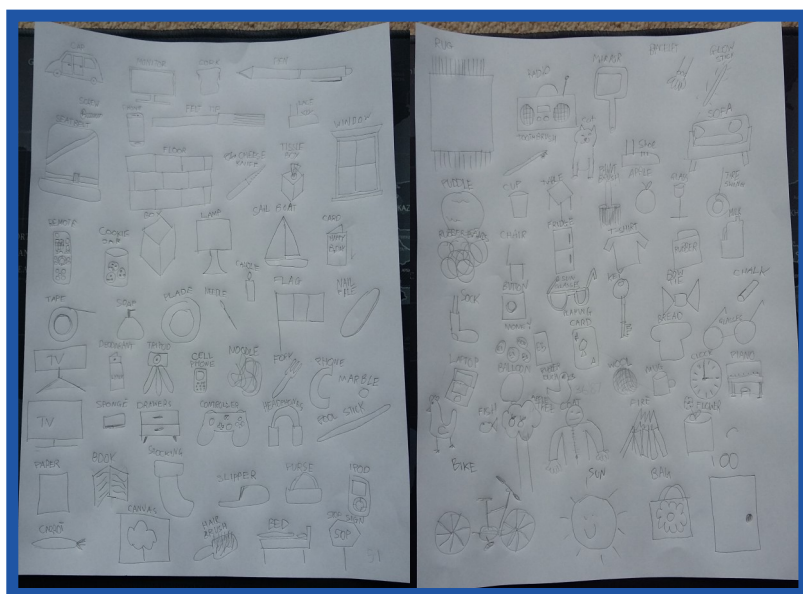
Paige P is doing 100 skips a day for a month.



Elise W drew 100 things.



Emily W did 100 drawings.



Samuel H did 100 sketches

Build Update



It's been a busy half term with the building work going on at school.

We were very excited to have The Lodge handed over to the school on Tuesday 2nd February. The SEND team couldn't wait to get inside to start getting it ready for pupils when they return. The building is made up of 2 classrooms, accessible toilet and storage room. One of the classrooms will be dedicated to interventions for pupils and the other is the new home for The Learning Centre.



The outside of the building will be landscaped in the spring to provide an outdoor learning area for pupils.



Build Update



Our main extension is shooting up as they are on to the first floor now. The end walls of the existing building in the new block have been removed as they begin to join the sports hall building with the new extension.

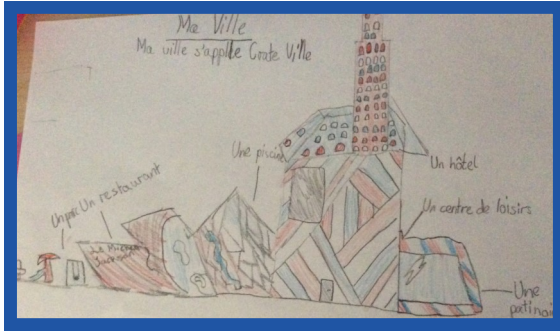


The old gym is midway through its transformation to a theatre and dining room. Windows have now been knocked through and the new retractable seating is due to be fitted in the next few weeks.

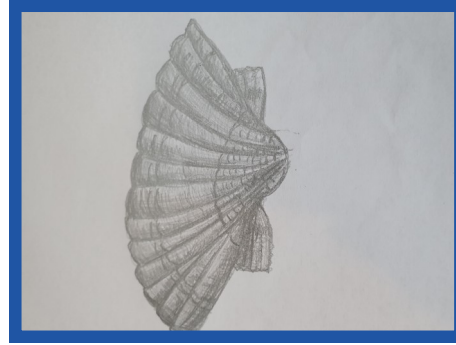
Our two old MUGA's are in the process of being dug up ready for our state of the art MUGA to be installed.



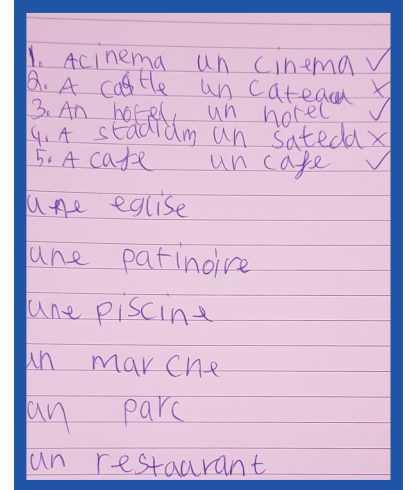
Year 6 Work of the Week



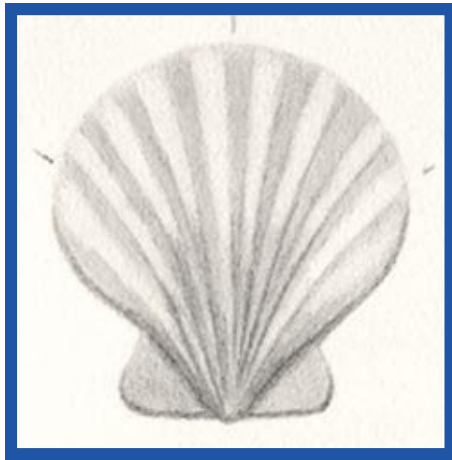
Sydney R



Frazer F



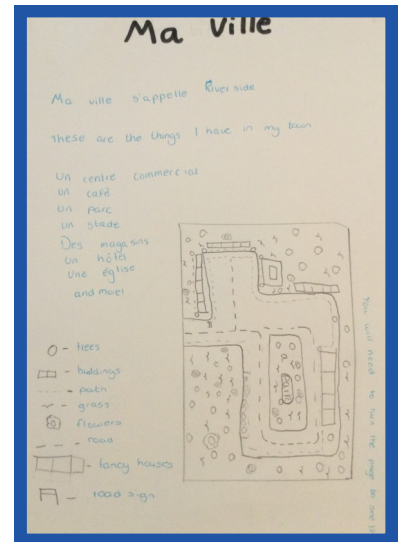
Cameron M



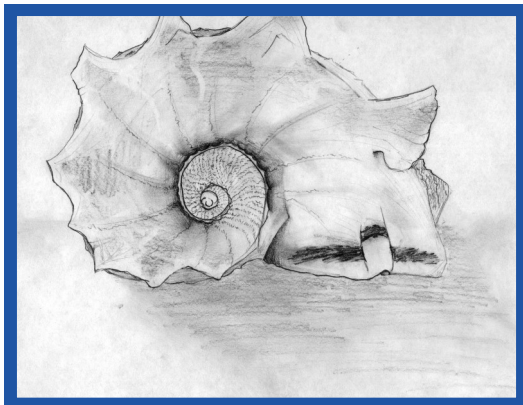
Erin SS



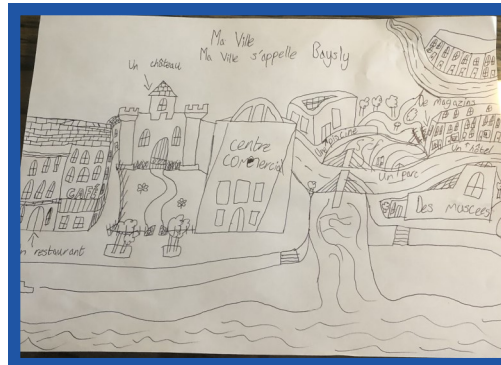
Lucy C



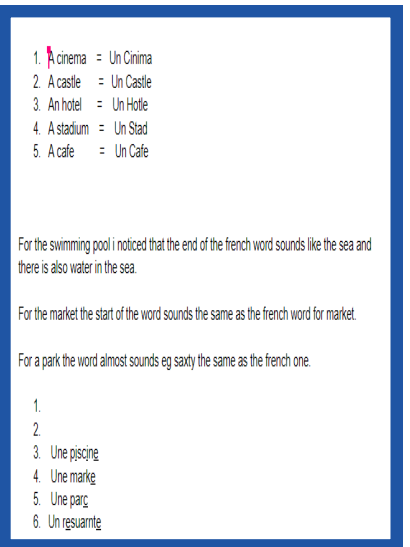
Leah R



Jason W



Zac M

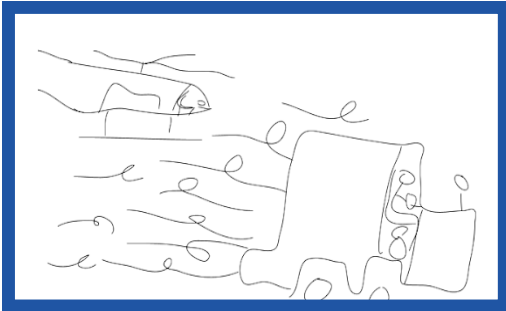


Tom A



Zoe S

Year 6 Work of the Week



Ana B

Mrs Fordham liked the way Ana tried to show how fast the car was driving. The speed fits the music well.



Amber H

Mrs Fordham loved your imaginative idea when you listened to the piece of music.



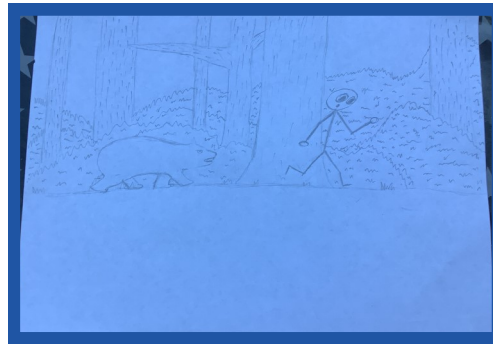
Natalie M

She thought someone was chasing a butterfly. Mrs Fordham enjoyed seeing a different style of drawing.



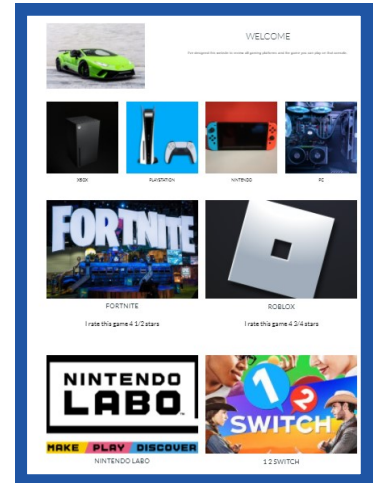
Lewis S

Mrs Fordham can see exactly how this music would fit a section of river with lots of white water, rocks and waterfalls. It would be very exciting.

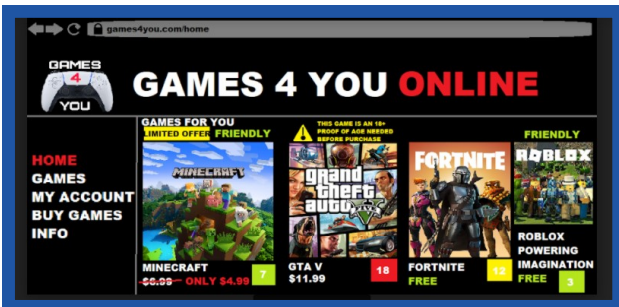


Tommy C

Mrs Fordham loved the detail in this drawing. She hopes the person got away from the bear.



Tyler C



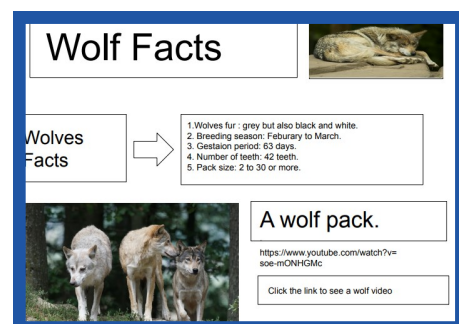
Jakub F



Tom A



Zoe S



Kyle A

Year 7 Amazing Work



Jayme D



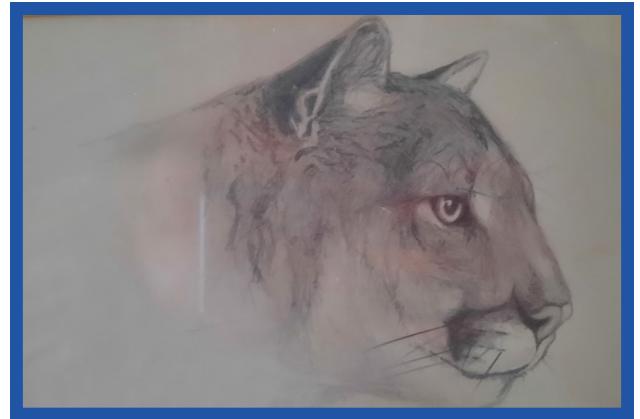
Phoebe B



Elliot J

Every week Year 7 send in their creations relating to the theme of their assembly.

They've so far been busy with Lego, cakes, artistic creations and photography.



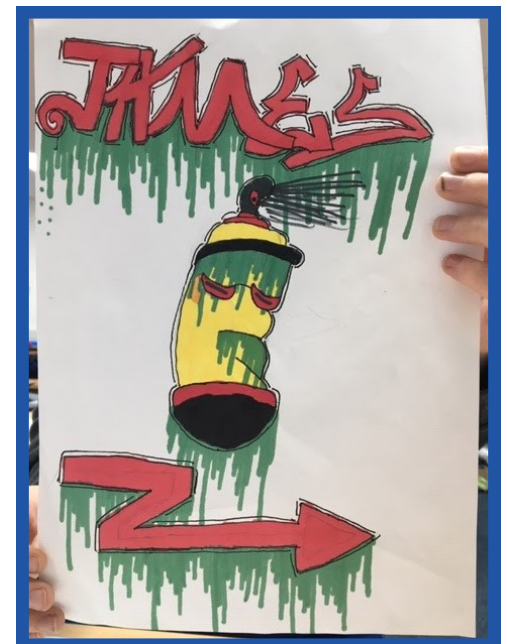
Kelly D



Emily M

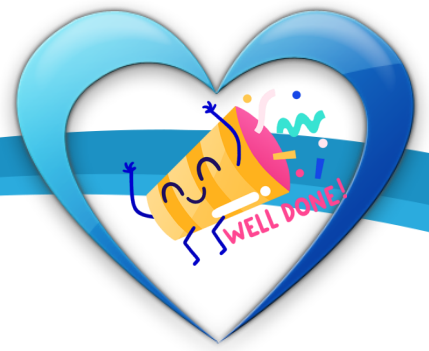


Tabby A



James H

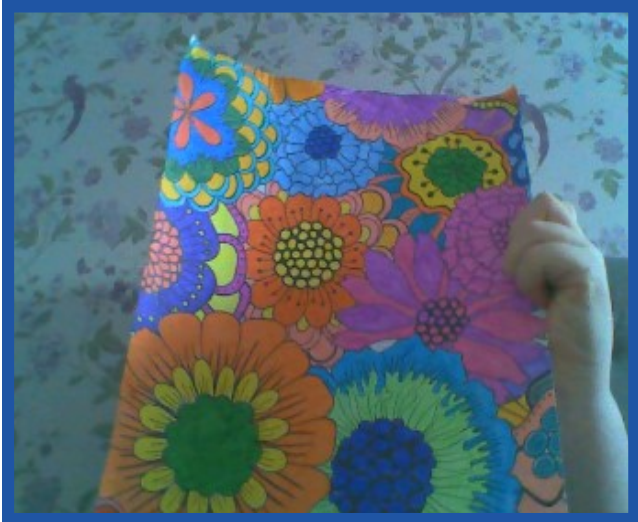
Year 7 Amazing Work



Arthur L



Zoe W



Ella I



Dominic M



Isla C



Harry Y

Year 7 Photography



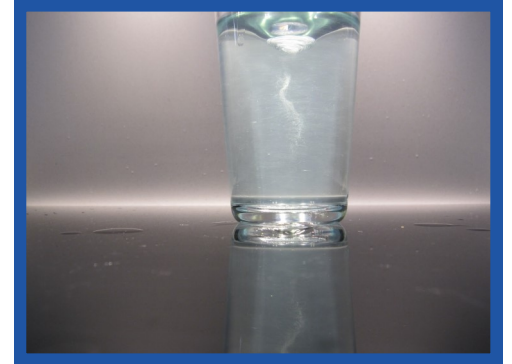
Year 7 have taken some really outstanding photographs as part of their contributions to their assemblies. We've loved seeing the photos so much that we've decided to run a photography competition in every issue of the newsletter going forward. Pupils can send their photographs to Mrs Westcar at hwestcar@henlowacademy.org.uk. We'll have a different guest judge every issue.



Eadie W



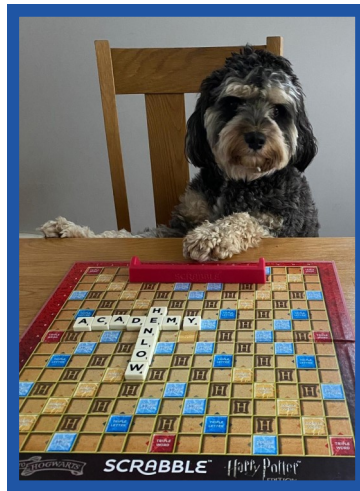
Arabella H



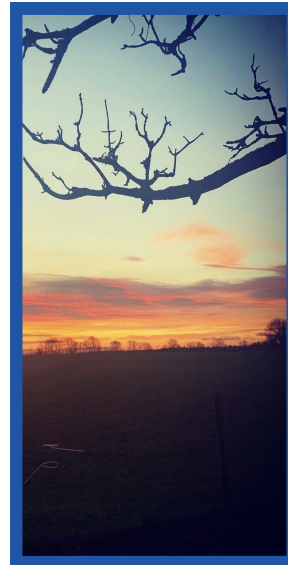
Livi P



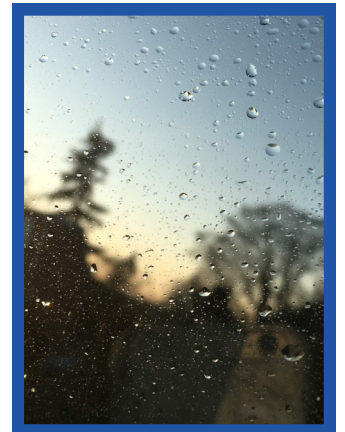
Shola C



Millie C



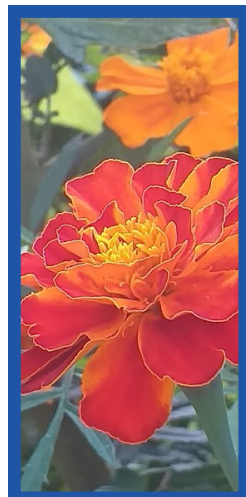
Ella P



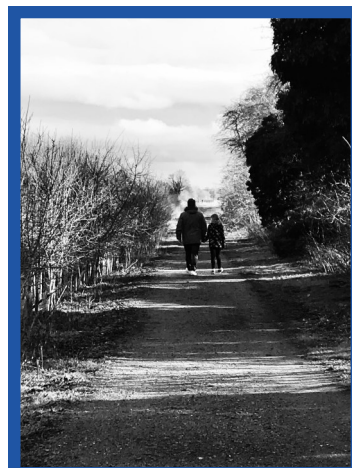
Niamh Q



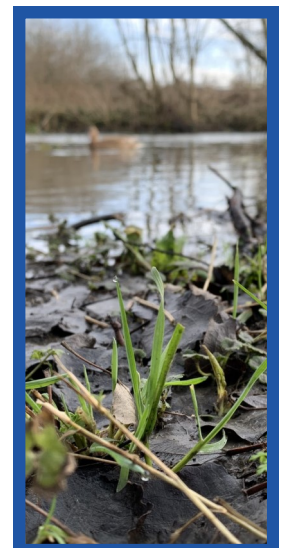
Sammy B



Uma T



Daisy P



Ella-Rae F

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Year 7 Amazing Work



In English Year 7 have been studying The Lady Shalott. Isla C wrote this incredible poem and Xavi G created this amazing scene of Lady Shalott on the river (complete with cat!).

The Lady of Shalott

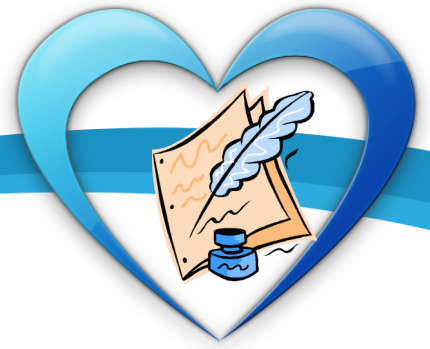
The river flows, and as it goes, the trees blow in the breeze.
The wish and swish of flowering bush on the bank of the river blue.
The whisper and whitter of withering leaves
And the crack and crumble of towering trees.
The rapid running of the sparkling river
And the glitter and gleam of the glistening water.
The willow hangs over the water as if it were hanging its head in shame.
The trees bend over the bank as if arching their backs in pain.

Clouds rush in, ready to pour out tears of rain
Knights joust in the courtyard, a crowd gathering to watch them train.
The drawbridge falls open, letting people in and out
And children play games and energetically run about.
A white castle towers over people big and small
And green hills shape the land, visible to all.
Soldiers and knights rush in, coming from their latest battle
And farmers harvest crops and take care of the cattle.
By Isla C



Xavi G as Lady Shalott

Key Stage 3 Poetry



Hospital

The hospital is not the same since 2020.
The admission records are furious - they saw it all coming and yet no one listened.
The patient visiting room wants to make friends when it can,
But too often it weeps dust and wails solitude through the dead air.
The hospital beds once again feel like giving up.
They beg for rest, pleading with pitiful sorrow:
"Stay at home, stay at home."
The pharmacy room feels beaten.
Nearly nothing in the hospital has time to sleep;
And silence is a seldom sung melody to the worn out hallways.
The face masks are the worst.
They try to stay positive but deep inside they think they've let us down; though they stay busy nonetheless.
The oxygen ventilator can always be heard, gasping for fresh air.
The ambulances don't know what happens inside.
Though they feel unappreciated; They were always a little vain.
They do like the extra attention when out on the road however.
Intensive care does not like the popularity.
Every night it holds its breath and looks out the window, remembering the nightmares of the past, now seeming like dreams when weighed against the phantoms of the present.
But it still holds in its heart the hazy prospect of warm summers free of shut doors and blaring sirens, and void shops and crammed hospitals.
It still has hope.

By Emily I

My house is fed up.

My house is fed up.
The sofa is fatigued and it blames me.
The washing machine looks engaged,
but I find him trying to flee as the door opens.
The fruit is depressed and says 'Go! Please go.'
The walls wait for you to come home,
I hadn't told them.
Nothing will listen when I say it's not my fault.
I think my bed is deceased.
The oven tried to talk to them but you know it's a liar.
The plants don't want to hear so they hide in the soil.
The wardrobe tries to steal my phone to call a getaway car.
The playroom won't even open its door to me;
I hear it whispering how to get me out
I think my house is fed up.
I don't blame them so am I.

By Eadie W

**Two amazing poems
written by Key Stage 3
pupils.
Both received
Headteacher Awards
for their writing.**

The Year 8 Bake Off



Year 8 ran a Bake Off competition with Mrs Earp becoming Prue Leith for the day to judge the entries. Mrs Earp was disappointed she didn't get to taste them as part of the competition.



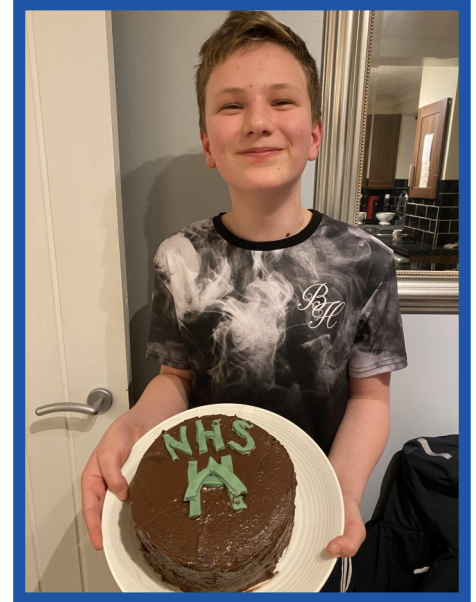
1st Place - Lucia MH

Mrs Earp thought this was a stunning design and loved the careful patterning on it.



2nd Place - Gracie D

Mrs Earp loves custard tart and is very sad she couldn't try this.



3rd Place - Kye CS

Mrs Earp thought it was a great idea to put the NHS on the cake and the design was well executed.



Issy N



Alex A



Freddie F



Bella R



Beatrice R

Elsewhere at Henlow Academy



Ella P is carrying out a walking challenge to raise money for JDRF after being diagnosed with Type 1 diabetes in 2019. Ella is walking 223, the distance from her house to her Aunt's house in Devon. She's set herself a £1000 fundraising target. We are all incredibly proud of you Ella!

If you would like to donate to Ella's charity walk then please visit <https://www.justgiving.com/fundraising/ellatype1walktodevon>.

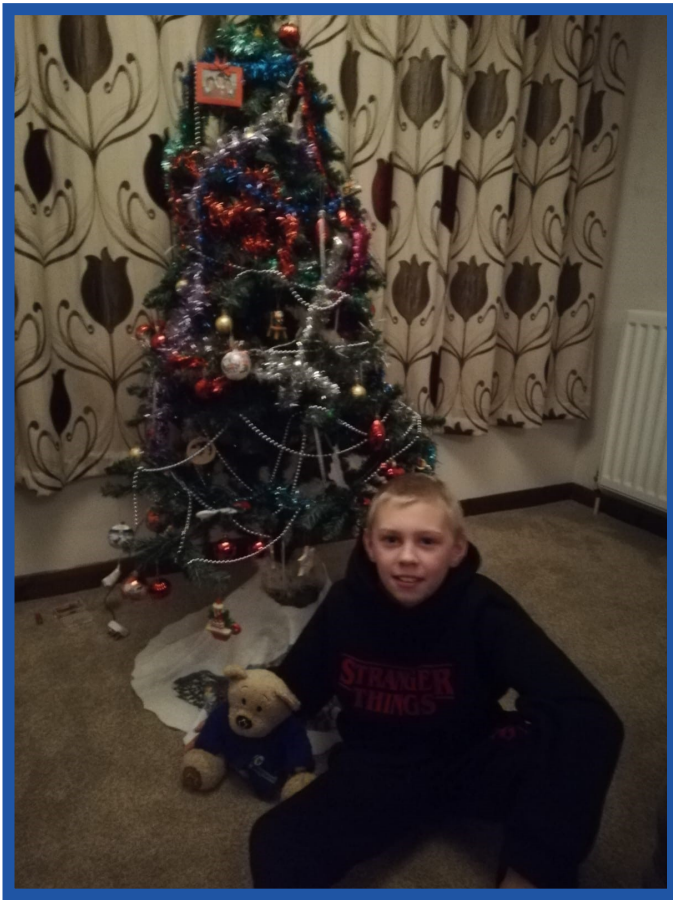


Gracie D has achieved her 1st Dan Black Belt. This is an incredible achievement to get at 13 years old, especially with the lessons having to be done over Zoom. Gracie worked so hard to learn the Kata as well as learning phrases, numbers and moves in Japanese. Amazing work Gracie!



Mrs Chenery's dog Yogi has been joining with home schooling! His favourite subject so far is Science!

The Travels of Henry Henlow



Henry Henlow had a staycation over Christmas and spent the festive season with Jamie from 7SG. He had a great time, ate too much chocolate and loved helping Jamie open his presents on Christmas morning!

PE Skipping Ropes

Everyone should have received their skipping rope from the PE department by now. Matilda and Daisy P sent Miss Carter a picture of themselves putting the skipping ropes to good use. Make sure you are checking out the PE challenges each week to make the most out of your skipping ropes!



Library News



During this lockdown, we continue to provide an **online library and information service**. Unfortunately, our 'click and deliver' book service is **not** running at present; however our school community can access a range of resources via the **library google classroom**.



Bedfordshire library services are still offering a click and collect service via their virtual library. <http://virtual-library.culturalservices.net/cgi-bin/vlib.sh>



Our school '**Reading Cloud**' online system also has some useful links and information. For full access to this, pupils do need their login details. www.readingcloud.net

In addition, pupils can send me individual requests for information they require whether this is for school work help or general interests and enquiries. cwhite@henlowacademy.org.uk

Literacy Events this spring term:

World Book Day

Please see the next page for information on our World Book Day celebrations.

BBC 500words Competition

<https://500words.me/>

Blue Peter book awards 2021

<https://www.booktrust.org.uk/what-we-do/awards-and-prizes/current-prizes/blue-peter-book-awards/#!?sortOp-tion=AtoZ&pageNo=1&pageSize=16>

Useful Links:

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

<https://library.thenational.academy/>

<https://www.bl.uk/childrens-books>

<https://literacytrust.org.uk/family-zone/>

<https://schoolreadinglist.co.uk/>

<https://www.lovereadng4kids.co.uk>

<https://www.unicorntheatre.com/>

Information Updates



Referrals to The Need Project

A reminder that if you need some support during this difficult time, we can arrange to have a food parcel delivered to you at home from The Need Project.

If you feel this is something your family would benefit from and would like to be referred, please email kjando@henlowacademy.org.uk

We also have a collection basket located in the reception area if you would like to donate items for these collections. More information on The Need Project can be found as <https://www.theneedproject.co.uk>

Our School Website

Have you checked our school website recently? There is lots of information on the website that may be of help to you. [Click here](#) to look at all the pastoral support information with ways to support your child's social and emotional mental health. [Click here](#) to look at virtual family support sessions that are being run by Central Bedfordshire council, SNAP Parent & Carer Forum and CHUMS. [Click here](#) to view the weekly timetables of work being set for remote learning. These are updated every Monday.

Family Support



Central
Bedfordshire

Parenting Insight

Gain information, advice, and guidance on a different subject each month

Child Exploitation

Do you know what Child Exploitation means?

Would you like to know more about it?

Guest Speaker from Link to Change

Thursday February 25th 2021

4:30pm – 5:30pm

<https://www.eventbrite.co.uk/e/133855901605>

Find ways to support the children and young people that you support

Free to attend via Microsoft Teams

Guest presenter 4:30pm

Opportunity to ask the presenter questions

Resources will be sent out after each session

Safe and unsafe online Relationships

Are children safe online?

What is internet safety?

Guest Speaker from Link to Change

Thursday March 18th 2021

4:30pm – 5:30pm

<https://www.eventbrite.co.uk/e/133856659873>

Moving Forward

Supporting children in an unsettling time

Advice on anxiety and promoting positive wellbeing

Guest speaker: Chloe Lovell – Emotional Wellbeing Practitioner

Thursday April 22nd 2021

4:30pm – 5:30pm

<https://www.eventbrite.co.uk/e/133856904605>

Organised by the CBC North Localities Early Help Teams:

For more information, please contact

Ivel Valley Community Partner - Kerry Nielow Kerry.Nielow@centralbedfordshire.gov.uk

West Mid Beds Community Partner - Natalie Good Natalie.Good@centralbedfordshire.gov.uk

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Family Support



	<p>NHS is here to support your mental health during the coronavirus pandemic, as well as your physical health. It is important to note that if you are really struggling with your mental health and it is disrupting your everyday life seek professional help and talk to your GP. If you need urgent mental health support, call 111 option 2</p> <p>If you are concerned about the mental health of your child, please contact your GP or check online self-referral options for under 18 years olds at: http://www.nhs.uk/conditions/stress-anxiety-depression</p> <p>If you're experiencing stress and anxiety, you can get further information, including <u>how to self-refer to psychological therapies</u> at: http://www.nhs.uk/conditions/stress-anxiety-depression</p> <p>Every Mind Matters aims to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. To learn more about how to look after your mental health and create your own action plan, visit: https://www.nhs.uk/oneyou/every-mind-matters</p>
	<p>http://www.kooth.com</p> <p>Kooth provide online mental health and wellbeing support to young people via any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from qualified counsellors.</p>
	<p>http://www.bedfordopendoor.org.uk/</p> <p>Bedford Open Door is a local charity offering free confidential in-person and telephone counselling for young people. To find out more or register for the service, text them on 07922 105 200, call on 01234 360 388 or email: counselling@bedfordopendoor.org.uk</p>
	<p>http://www.mind.org.uk/information-support/helplines</p> <p>Telephone: 0300 123 3393 (09:00-18:00 Monday to Friday) Text: 86463</p> <p>Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy.</p>

Family Support



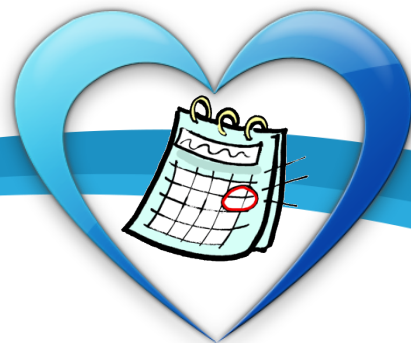
	<p>Telephone: 0808 802 5544 (09:30-16:00 Monday-Friday) https://youngminds.org.uk/find-help/for-parents/parents-helpline/</p> <p>A source of support for parents and carers who are worried about the mental health of their child.</p>
	<p>Telephone: 0300 304 7000 www.sane.org.uk/what we do/support/helpline</p> <p>SANEline is a national out of hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. It is a confidential service for those aged 16 or over.</p>
	<p>Telephone: 0808 808 4994 (11:00-23:00) Crisis Support Text Service: Text THEMIX to 85258 www.themix.org.uk/get-support</p> <p>The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access The Mix's support via phone, email, webchat, peer to peer and counselling services.</p>
	<p>www.childline.org.uk</p> <p>Childline is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about any topic – no problem is too big or too small.</p>
	<p>www.crisistextline.uk</p> <p>Text Service: Text SHOUT to 85258 to text with a trained Crisis Volunteer who will provide active listening and collaborative problem solving. Shout provides free, confidential support 24/7 via text for anyone in crisis.</p>
	<p>http://www.samaritans.org</p> <p>Telephone: 116 123 (24 hours a day, free to call) Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair.</p>

Family Support



	<p>https://www.healios.org.uk/services/thinkninja1</p> <p>Thinkninja is a free app for 10-18 year olds which provides an opportunity to understand fears relating to coronavirus, isolation struggles and how to stay connected to family and friends, worried about personal health and the health of family members, mental strength and coping techniques to use during the pandemic.</p>
	<p>http://familylives.org.uk/</p> <p>Telephone: 0808 800 2222</p> <p>Support to anyone parenting a child.</p>
	<p>https://www.anxietyuk.org.uk/</p> <p>Helpline: 03444 775 774</p> <p>Whether you have anxiety, stress, anxiety-based depression or a phobia that's affecting your daily life, we're here to help you. And we're fully supported by an expert team of medical advisors.</p>
	<p>07507 331450</p> <p>Text service run by NHS putting young people into contact with school nurses</p>
	<p>http://www.youthaccess.org.uk</p> <p>Online info for local youth clubs, advice, counselling and support services</p>
	<p>http://thehideout.org.uk/</p> <p>Support for YP affected by domestic violence</p>
	<p>http://www.elfriends.org.uk</p> <p>Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind and provides an online space where you can be yourself.</p>

Coming Up...



Date	Event	Additional Information
Monday 22nd February	Remote schooling returns/ Key worker pupils back in school	Work will be Google Classroom.
Tuesday 2nd March	Closing date for World Book Day photos and videos	Email photos and videos to SAG@henlowacademy.org.uk
Thursday 4th March	World Book Day	Pupils in school can dress up as a book character. There will be a book themed menu for school dinners.

Pupils in school

If a member of your household tests positive for COVID-19 during the half term, please email the Covid team

on covid@henlowacademy.org.uk

with the details. We will then be able to take any and all necessary actions.

Similarly, if your child becomes symptomatic during half term and is required to self isolate after half term, please email the Covid team.