

Lockdown 3.0 Wellbeing Update

Dear Parents

As we approach the anniversary of the coronavirus' impact on our school life it is important to remember that we all may be in the same storm, but in different boats. There was no manual for dealing with remote learning, online teaching or home schooling, so make sure that we all take some "me time" to reflect, relax and regroup. Being in school with the Key Worker group, talking with pupils in lessons and monitoring work online it is clear that teachers, parents and children are all doing a great job.

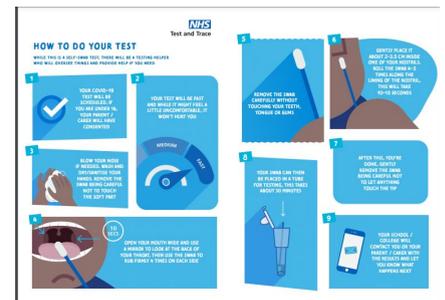


This week is a chance for your child to take part in the [Lockdown 3.0 Cornwall Virtual School Games](#). I have shared the information on this in their lessons on Google Classroom. I really hope that they get active and join in. Perhaps the whole family can take on the challenges and connect.

The Duke of Edinburgh Award is a fantastic opportunity to engage in the 5 Ways of Wellbeing and the scheme is still running in school although it is slightly different to normal. Y10 and 11 pupils are still able to complete sections whilst in lockdown and can look at *DofE with a Difference* for inspiration or guidance, <https://www.dofe.org/do/>. The Y10 Expedition will take place this summer and we

really hope to see lots of Year 9 pupils and parents at the upcoming Parents' Information Evening and ask that pupils interested sign up to the GClassroom page (Code: baar4lw) this week.

In order to continue to help us all stay safe in school the COVID Testing Team are now operating everyday to allow staff and pupils on site the opportunity to be tested twice a week. We are also preparing to mass test all pupils when they arrive back after lockdown. Up to one third of people who have coronavirus are asymptomatic. By testing we will reduce the spread in school. Therefore, we strongly encourage those returning to school to be tested. The tests are quick and easy to undertake and you will receive more information on this but here is [how to conduct a LFD test](#).



Parenting has always had its challenges but now it can feel overwhelming. How do you support your child during this time when nothing is certain? How do you support your child when you may be struggling as well? Here is a useful webinar/website which you might find helpful, [Cultures of Dignity](#).

If you have any questions or require support please email talk@mullionschool.org.uk, contact the Pastoral Team or myself at the school.

Best wishes,



Mr Steven Loder
Director of Wellbeing