



GREENSHEET



No. 27/19

8 May 2020

Week 'B'

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LOCKDOWN ISSUE 3

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Headteacher's Message

Dear Parents and Carers,

In this week's third lockdown edition of the Greensheet, we include details of a very special visit we had from a former student a week before we closed in March. You may remember from a previous Greensheet edition, that we noted this event but were unable to release the information at the time. Naomi Ackie, who studied at WSfG from 2002-2006, returned to her former school for a project with the DfE and Digital Spy Magazine. Whilst we tried to keep the visit from disturbing our classes that day, our students soon noticed the Star Wars and Macbeth actor having a photoshoot taken around our school grounds and were understandably rather excited! The press release and photos from the day can be found on page 8.

I would also like to draw your attention to the last pages of this edition, most notably page 18 which includes information from the National College on how to maintain good mental health during this unusual and difficult time. Additionally, Waltham Forest Mutual Aid are very kindly offering to deliver daily hot meals to those in need, please turn to page 3 for the contact information. I continue to be impressed by the thoughtfulness and generosity of our local community, as I am sure you do too.

On Friday we commemorate the 75th anniversary of VE Day. In school we would usually spend the week marking this event through assemblies, events and across our curriculum, both to understand this important victory and to show our respects as a community. Whilst other things are uppermost in our minds right now, we also remember that the freedoms we have enjoyed for the past several decades were fought for, and gained, by brave soldiers in 1945. We now have courageous doctors, nurses, care workers, postal workers and other essential service workers risking their lives to keep us safe and fed. As well as our Thursday 'clap', on Friday, we pay our respects to those who fought for us in the war as well as to those fighting for us today, and those we have sadly lost.

The Imperial War Museum will be releasing Voices of War, which are a series of audio interviews from civilians, prisoners of war and the former Prime Minister at the time, Winston Churchill. They will explore their personal stories during and after the Second World War. To access the soundscapes and for more information please follow this link:

<https://www.iwm.org.uk/history/victory>

Finally, to those in our community celebrating the second passover on Thursday and Friday, *Chag Sameach* and *Ramadan Mubarak* to members of our Muslim community!

Wishing all a good-and very warm-Bank Holiday weekend,

Ms M Davies
Headteacher

Home > What parents and carers need to know about schools and other education settings during the coronavirus outbreak



Guidance

What parents and carers need to know about schools, colleges and other education settings during the coronavirus outbreak

Updated 1 May 2020

For further information and updates please follow this link:

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>



FREE HOT MEAL DELIVERY

Waltham Forest Mutual Aid have teamed up with **Higham Hill Muslim Community Trust & Al-Khair** to offer a daily hot meal, free of charge to any of our neighbours across the Borough who would like one. There are no forms to fill, no need for any questions.

All you need to do is give us a call on the number below and we will be more than happy to set this up for you. If you, or indeed anyone you know would benefit, please ring:

Name: Hoe Street Mutual Aid - Rowan
Number: 07566767950

With our thanks from
Higham Hill Muslim Community Trust
 visit hhmct.org



Al-Khair
 FOUNDATION
 BALANCE WITHOUT COMPROMISE

Funded by
Al-Khair Foundation
 Visit alkhair.org

Facilitated via
Waltham Forest Mutual Aid
 visit walthamforestmutualaid.org.uk





NEGLECT NOT THE GIFT THAT IS IN THEE

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Thursday 30th April 2020

Dear Parents/Carers,

Parent/Carer Governor Vacancy

Walthamstow School for Girls has two vacancies for two parents or carers to serve as school governors and I hope you will consider putting yourself forward. The Governing Body's role is the strategic and financial oversight of the school and ensuring that students receive a high quality education which prepares them for the next stage of their education. This includes planning for future development and improvements, but not the day-to-day management of the school. For more information, please see the Governing Body section of the school website.

If you would like to stand as a candidate, please complete the reply slip attached and return it to the school no later than 12 noon on Friday 22nd May 2020. If there are more than two candidates for the vacancies, an election will need to be held, but this is a straightforward process. All you need to do is write a short paragraph (no more than one hundred words) saying why you want to become a Parent Governor; your statement will be sent to all parents and carers with a voting paper. Should only two parents or carers apply, then they will automatically become Parent Governors. The term of office is four years.

The work of our governors is very important to the school in key areas such as oversight and development of the ethos and curriculum of the school; well-being of pupils; staff employment and use of resources, as well as ensuring that the school maintains its high standards in all areas. You will be expected to attend an evening meeting of the Governing Body once or twice a term and to join one of its committees which also meet once a term. Governors are also encouraged to visit the school during the day by arrangement and help in the oversight of an area of the curriculum, or other important areas such as safeguarding, as a link governor. We are not looking for any particular expertise, but rather a strong commitment to the school and its students, the inquisitiveness to question, and a willingness to give some of your time to governance. However, if you have specialist knowledge or relevant experience, please do mention this in your statement. Induction training is provided for all new governors and governors are encouraged to attend further training on specific areas of school governance paid for by the school.

As a school, we are always mindful that the Governing Body should reflect the local community that the school serves, and members of ethnic minority groups are therefore particularly welcomed on the Governing Body and are encouraged to stand for election as parent governors.

Please note that for the purpose of safeguarding, school governors are subject to an enhanced DBS check, administered via the school, which requires disclosure of any previous criminal convictions. Anything disclosed will not necessarily bar you from holding office and will be considered on a case-by-case basis by the school.

Yours faithfully,

Meryl Davies
Headteacher





Please return this slip to the school before Friday 22nd May 2020

I wish to stand as a candidate for election as a Parent Governor at Walthamstow School for Girls.

First name: _____

Family name: _____

Signed: _____

Home address: _____

Remember to include your statement below (no more than 100 words) saying why you want to become a school governor and what skills/knowledge you feel that the board will benefit from.

Inkbeats Magazine

Dear Students

My friend Helen Wing is a poet and teacher in a Beijing school and has asked if I might encourage some of our students (with time to spare!!!) to write a creative piece for submission to Inkbeat magazine, with which she is actively involved. Details are below if you are interested.

Hope you are keeping well.
Ms Brunas

Got some time to spare?

Want to express yourself artistically?

Founded in 2017, **InkBeat** is an arts organization that works to promote the artistic voices of students age 14 to 19 through various programs, workshops and a quarterly literary journal.

InkBeat's Mission:

"Everyone is born a poet and artist. We tell stories and the stories help us see the world anew and help us feel whole and connected with the world around us. This is what Oprah Winfrey says in her speech at Harvard: 'Here at Inkbeat we give young people the chance to be heard in their own unique and personal ways, online, in print and in person. We bring together a community of young creatives and give them a platform for their work and the opportunity to progress through experimentation, collaboration and workshops. Our new online platform is a collaboration with our writers and artists which develops organically with input from both our students and editors. We have a student committee which meets termly with us so that we can develop our website ideas in tune with the desires and motivations of tomorrow's movers and shakers in the Arts. Inkbeat aims to foster both freedom and form, like yin and yang, in creative young people in China and abroad. We publish work in English and Mandarin.'

SUBMIT YOUR WORK

We accept submissions for consideration from young people aged 14-19

OUR SPRING THEME IS "SPACE"

"On foot I had to cross the solar system"

— EDITH SODERGRAN

To submit - please include -

your name

your age

your school

your country

the piece of work (poem, short story, essay, work of art)

a photograph that goes with the theme of your work (not of yourself)

and the statement "I agree that, should they choose, "Inkbeat Magazine" may publish my work once in the print edition and once online."

E-mail all of this to - submissions@inkbeat.org

TED Talks

TED
TALKS



How math is our real sixth sense

In this engaging talk, high school math teacher and YouTube star Eddie Woo shares his passion for mathematics, calling it an extra sense that we can all access. Using real-world examples of geometry, he encourages everyone to seek out the patterns around them for "a whole new way to see the world."

www.ted.com

https://www.ted.com/talks/eddie_woo_how_math_is_our_real_sixth_sense

Ms Robinson
Challenge Coordinator

Naomi Ackie visits Walthamstow School for Girls

Naomi Ackie, former student and actor known for her roles in Star Wars: The Rise of Skywalker and Macbeth visited Walthamstow School for Girls on Friday 13th March for a project in collaboration with Digital Spy Magazine.

During her visit, Naomi took part in a photoshoot around the school grounds and filmed an interview with her former mathematics teacher, Mr Straker.

Naomi then went on to join a Science class led by Ms Brunas, which explored several Star Wars related science experiments, before holding a Q&A with students in the class, which was also filmed for the project.



Naomi with Mr Straker



Naomi with Ms Brunas and students

In addition to this, Naomi met several steel pan students and her former steel pan teacher Mr Murphy as she listened to them practice during lunch. Naomi also met two of her former teachers who are now retired and ended the day by speaking to current Headteacher, Meryl Davies and Deputy Headteacher, Sally Kennedy.

Naomi playing the steel pans as a student



Meryl Davies, Headteacher at Walthamstow School for Girls said:

"It was delightful to meet Naomi who came across as extremely genuine and excited about being back in her former school. She reminisced with her former drama teacher, Ms Cassford, as well as Mr Straker, her mathematics teacher. We are extremely proud to count Naomi amongst our alumni and wish her every success with her acting career".

To see the full interview please follow these links:

<https://twitter.com/walthamstowsfg>

<https://www.digitalspy.com/movies/a31699200/star-wars-naomi-ackie-on-school-days-and-spin-offs/>



The Headteacher, Ms Davies with Naomi

Naomi as Jennah in the latest Star Wars movie.



Faculty News Mathematics

PUZZLE OF THE WEEK

It is still going!!

Puzzle of the Week - an International brainteaser for students worldwide - continues to stretch our grey matter during lockdown.

Please have a go and let's get Walthamstow School for Girls back to the top of the leaderboard!!

This week's puzzle - and the archive of previous week's puzzles - [can be found here](#).

<http://www.puzzleoftheweek.com/results/school-results>

Ms Robinson
Ms E Kelly
Maths Faculty



Entries open: 04/05/20
Entries close: 10/05/20



puzzle
number
127

Karen has raspberries in her garden and they grow very quickly over summer so she starts picking them.



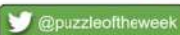
Every Monday she picks 32 raspberries, leaving some behind on the bush.

During the week the number of remaining raspberries doubles before she picks another 32.

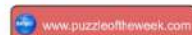
After she has picked raspberries on a Monday for the 6th time she finds that there are none left.

How many raspberries were in Karen's garden before she started picking them?

Extension: What happens to the answer if we changed the number Karen picked to 48?
Extension²: Can you find other amounts Karen could pick which give answers that work?



Puzzle created by Andrew Sharpe



Challenge News

Animal Activities Online: Top Tips from the Royal Veterinary College

Missing your chance for work experience this summer term? Keeping up your love for learning about animals at home? Here are our top tips of activities to keep building your knowledge and skills:

- Instant Wild: help real conservation scientists by tagging wild animals you see in live images and videos from around the world.
- Get top tips on how to achieve your career dreams from the RVC students at Animal Aspirations
- Learn how RVC's Dawndinos researchers study the success of two-legged dinosaurs over four...
- Watch wildlife around the world on live cameras - and complete your own scientific study of their behaviour using this ethogram.
- Know the wildlife around you with these spotter guides: can you identify the male and female of common birds, or tell apart a raven and a crow?
- Test your animal knowledge with a close-ups quiz.

Let me know if you try any!

Ms Robinson
Challenge Coordinator

Future Learn

Visit <https://www.futurelearn.com/> for free online courses on a variety of subjects to enjoy during lockdown.

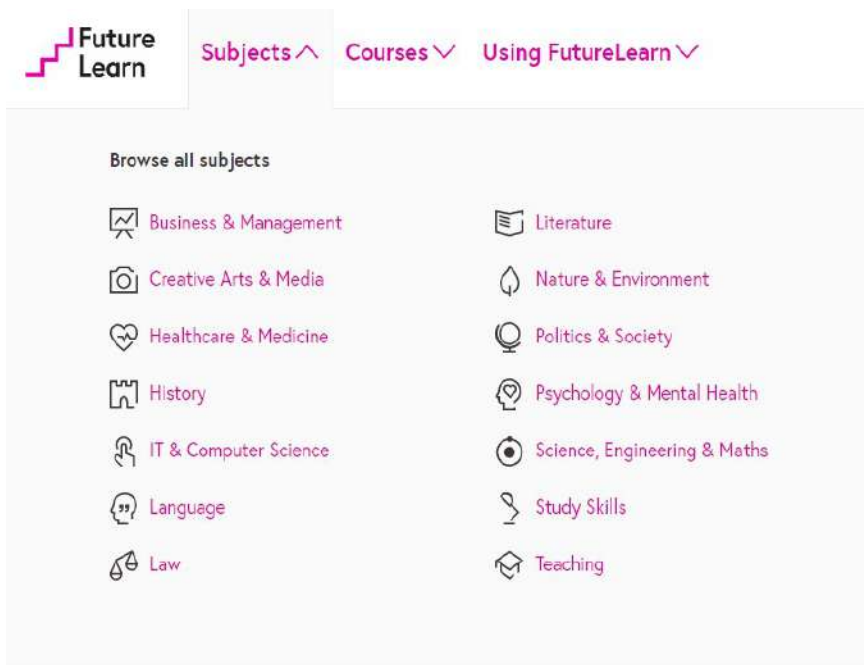
Browse the [course list](#) to find something that you'd like to learn about. There are courses on a diverse range of subjects and more are always being added. Courses vary in length. Most are six to ten weeks long but there are also some shorter two and three week courses.

Perhaps you may want to invite a friend to take part with you? You can do this via email and social media when you join.

I've found an interesting one on Flexagons and the Maths Behind Twisted Paper

Let me know what you choose!

Ms Robinson
Challenge Coordinator



Renaissance Learning (Accelerated Reader)



Dear Parents and Carers

At Walthamstow School for Girls we place great importance on developing reading and understanding skills which ultimately impacts across the whole curriculum and benefits students as they progress towards their GCSEs.

Renaissance Learning (responsible for our Accelerated Reading lessons) recently provided students with access to numerous online books of a huge variety of genres. We cannot stress enough the importance of maintaining regular reading and then quizzing on the books read to indicate understanding of the content.

We would like to encourage our students to continue with their AR lessons - reading and quizzing as often as possible.

AR lessons in school are only a small part of the need for reading as it is recommended that all students read for a minimum of 30 minutes per day. Reading should be both pleasurable and a way of extending learning. In addition, this can be a fun activity for all the family - read, discuss and challenge one another in a variety of ways: understanding, changing characters, guess endings, change endings - the ideas are plentiful.

Here are the links for both websites;

Renaissance Learning (Accelerated Reader) -

<https://ukhosted56.renlearn.co.uk/2243312>

<http://www.renlearn.co.uk/reading/>

myON -

<https://readon.myon.co.uk>

If you have any queries, please contact the school's info@ email and ask for your concern to be forwarded to either Miss Jolliffe or Mrs Kelly.

Best wishes and keep well.

Miss Jolliffe and Mrs Kelly.

[Accelerated Reader - UK, Ireland and International](#)

Accelerated Reader is a powerful tool for monitoring and managing independent reading practice while promoting reading for pleasure.

www.renlearn.co.uk



Aresson Design a Bat Competition 2020

The perfect competition for your pupils to do at home

Whilst we may not be able to play Rounders at the moment, our competition with [Aresson](#) this year is designed to be completed from home. It will get pupils thinking about Rounders and, will allow pupils to get creative and active, making it a great home schooling activity!

This year we would like pupils to design their dream Rounders bat and also create a poster showcasing a Rounders warm up or skills practise that can be done from home.

Each school that enters the competition is entered into a prize draw for a chance to win an Aresson Rounders Set. Each winner receives a bat painted with their design plus a Vision X Bat and Ball Pack.

Who is the competition open to?

Any primary school or secondary school in the UK. There are separate primary and secondary categories so a winner will be selected from each.

How do I apply?

Click the link below to download the [Competition Pack](#) for pupils and teachers.

The deadline for applications is **Midnight 3rd July**.



Follow Rounders England on:

Rounders England
Unit 15, Venture 1 Business Park,
Long Acre Close, Holbrook Industrial Estate Sheffield,
South Yorkshire, S20 3FR

A Selection of School Memories



10 TOP TIPS

REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote learning experience.

1) Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. Take an active interest in their learning and help support them whenever they need a helping hand.



2) Monitor your child's communication and online activity

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3) Establish a daily schedule and routine

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4) Encourage screen breaks away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks however it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5) Ensure your learning device is in a public space in the home

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6) Implement safety controls and privacy restrictions on apps and software

Dependant on how your school implements remote learning, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7) Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8) Familiarise yourself with relevant school policies

Schools should have a policy on remote learning and direction that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9) Maintain feedback with teachers

Engage in communication with teachers where possible and try to feed-back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10) Monitor your child's wellbeing and mental health

Remote learning will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



WHAT IS HOUSEPARTY?

Houseparty is a live streaming app described as a face-to-face social network where people 'drop in' on each other to video chat, have conversations and hang out in groups. The app is available for iOS, Android, macOS and Google Chrome and has tens of millions of users worldwide. It's important to note that children under the age of 13 must have a parent's permission to access the services, however, no proof of age is required to create an account.

HOW DO YOUNG PEOPLE USE IT?

Each time the app is opened, your child will be instantly connected to other users who are also on the app. Users can create group conversations of up to eight people at one time. Each time a person joins, the screen splits to show everyone who is part of the conversation. Your child can add contacts via phone numbers, search for their usernames, and share a link to their profile. They can have as many rooms as they want and move from chat to chat by swiping across the screen. Along with this functionality comes a few associated risks to be aware of...

AGE RESTRICTION
13+



CONTENT BEING SHARED

The 'facemash' feature lets users share moments from their Houseparty conversations by recording and sharing 15-second snippets of chats. They also have the option to save these moments to their gallery. For privacy purposes, every member of the group will see a notification if another member is recording - this could be a concern if your child shares something in the live chat they may later regret. Once recorded, they lose control over the video and how it is used. Screenshots of live streams and private messages can also be taken which could be shared widely and embarrass users.

What parents need to know about HOUSEPARTY

"STRANGER DANGER"

Friends of friends can join conversations on the platform without the need to be connected or known to all the other users in the chat. Houseparty calls this feature 'Stranger Danger'. While it does alert users when individuals they may not know enter their chat room, it also suggests strangers might be a reason for 'party time'. There's also the danger of people attempting to deliberately mislead others by using false names or usernames.

SEXUALISED MESSAGES

People may use live streaming apps such as Houseparty to engage in inappropriate or illegal activities. There have been concerning reports directly linked to Houseparty, including one incident where two Mancunian children aged 11 and 12 were reportedly targeted by men exposing themselves back in 2017. Outside of their close friendship group, it's also important to note that friends of friends can also connect with their child via the app, which may include people with this intention.

CONTENT BEING SHARED

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CYBERBULLYING


Cyberbullying is when people use technology to harass, threaten, embarrass, or target another person. Group chats can be used by bullies to make negative or hurtful comments which may cause offence or be harmful to others in the group. Exclusion from friendship groups within the platform may make your child feel sad and left out socially excluded.

OVERSHARING PERSONAL INFORMATION

Children often don't understand the risks involved in giving out too much personal information in a live stream or within their profile. They may also be less protective of personal details during online conversations. One example of this within a live chat could be their background revealing information about where they live or go to school without realising.

IN-APP PURCHASES

By tapping on the dice icon your child can play a game called 'Heads Up!' where one person gives clues to describe something and the other players guess. Three cards are included for free but additional decks cost real money. There's the potential for your child to get carried away playing the game while working up a small fortune.



TURN ON PRIVATE MODE

One additional tip is to use the app settings to turn on 'Private Mode' which automatically locks the room. Instead of doing it manually. Parents with questions can always email us at hello@houseparty.com



REMOVE LINKS TO OTHER APPS

Users can link their account to both Facebook and Snapchat, or can simply share a link to their profile. We advise that you remove these links and remind your child not to publicly share access to their online profiles as there is the potential for strangers to get hold of your child's information or communicate with them.

Top Tips for Parents

SOURCES:

<https://www.houseparty.com/en/privacy>

<https://www.houseparty.com/en/terms>


<https://www.houseparty.com/en/faq>

<https://www.houseparty.com/en/contact>



National Online Safety

#WakeUpWednesday



BE PRESENT

A study conducted by the Internet Watch Foundation (IWF) found that 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater understanding of what your child is doing during their live streams and who they are streaming to.

SAFER CONVERSATIONS

With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively. Have regular and honest conversations with your child about what apps they are using and how they are using them. It may be a good idea to have your child show you how they use Houseparty and how to navigate through the platform so you are aware of how it works.

PROTECT THEIR PRIVACY

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information. Check your child's privacy settings thoroughly. You have the option to opt out of certain uses and disclosures of personal information, such as turning off the app's location sharing option.

REPORTING AND BLOCKING

If your child faces a problem while using the app they can report direct to the platform by shaking their phone. A prompt will pop up allowing you to report issues immediately by clicking on the 'report now' button. They also have the option to report and block users directly on the user's profile.

CHECK COMMUNICATIONS

Also, it's important to be aware of who is on their friends list and who they are communicating with. Remind your child to not communicate with people they do not know and trust. If they experience something on the app that makes them feel uncomfortable then they should tell a trusted adult immediately. Remind your child that if they get an invite to join a Houseparty room from someone they don't recognise, then they should ignore the request.

LOCK ROOMS

In regards to communicating with users on the platform, we advise that your child uses the 'lock' feature to make their conversations private. This means that other users, especially strangers, can't join their conversations.

PROTECT YOUR CHILD'S DIGITAL FOOTPRINT

As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. All content shared on the app can be recorded or screenshotted and shared to a wider community. It is important that your child knows that what they do now may affect their future opportunities. In addition to this, the video chats can't be reviewed later which means unless a parent or carer is sitting nearby during a call, they won't know what has been said. It's worth bearing in mind that parents can see when their child has last communicated with someone and for how long for under the 'We Time' feature.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT. PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY
NEGATIVE, WE CAN FIND IT HARD TO FIND
HEADSPACE TO THINK POSITIVELY. TRY THIS...
IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING
DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING
AND GOING...NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS.
WATCH THEM COME AND GO...BUT DON'T GET ON THE TRAIN. JUST
WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT
ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN
UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



GOOD QUALITY SLEEP

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC)...OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.



FAT WELL

EAT WELL

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.



ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.



DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN, SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACE-TIMING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN. AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



The
National
College®

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL-INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT
THESE ONLINE RESOURCES: P

<https://www.rhds.uk>

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

<https://www.livingwell.org.au>

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

Starting an Access Creative College Course in September 2020

GCSE and A-level exam results to be published in August 2020

Access Creative College (ACC) is committed to ensuring that applicants are not adversely affected by the current situation, especially those who were due to take exams this summer.

The Government has announced that GCSE and A-level results will be based on teachers' predictions using their professional judgement, evidence of previous exams, coursework, essays, homework and mock exams.

A-level results will be published on Thursday 13th August

GCSE results will be published on Thursday 20th August

You've had your interview with Access Creative College and you were offered a place on a course starting in September 2020:

Congratulations! If you have had your interview for your chosen course and have been made a conditional or unconditional offer into Access Creative College. In September 2020 that offer still stands and we are looking forward to welcoming you!

We will write to you with details about your enrolment days in August.

What happens if your GCSE results are not what you expected?

Don't panic! We will have a dedicated exam results hotline from Thursday 13th August with a team of people ready to help you. Our team will be able to support you and offer the right advice and guidance to make sure that you are placed on to the right course.

We will also have an enrolment team that will be able to support you when you come to enrol.

You are awaiting an interview with Access Creative College for courses starting in September 2020:

Not a problem! If you haven't yet had your interview, these will now be arranged for a telephone conversation or Google Hangout, Skype, Zoom etc until further notice. Your interview can be booked in the usual way, via your website application login or by calling the Admissions Team.

Book your interview here: <https://apply.accesscreative.ac.uk/>

Call Admissions: 0800 28 18 42

You still need to apply for a course with Access Creative College starting in September 2020:

Not a problem! If you've not yet applied, the good news is we are still taking applications.

You can still apply by visiting our applications page [here](#). You can also email or call our admissions team:

Email: admissions@accesscreative.ac.uk

Call Admissions: 0800 28 18 42

We also have our Engagement Team available to offer you the option of a telephone/video call.

You can book a virtual meet and greet [here](#) and discuss the option that is right for you.

We are here to answer any questions and support any queries, so please feel free to get in touch.

Until then, stay safe and we look forward to seeing you soon.

Adrian Merchant

Engagement and Events Manager

Mobile: 0203 920 8267

Telephone: 0207 613 8380

accesscreative.ac.uk





**FRIDAY
8th MAY**

**VE
DAY**

**75TH
ANNIVERSARY
CELEBRATION**

*Join your neighbours
in a nationwide 'stay
at home' street party!*

Prepare for the day by decorating your house in red, white and blue.

11am

2 minutes silence on your doorstep

3pm

Churchill speech shown on BBC

Then grab your picnic blankets or garden table and head to your front garden for:

4pm

Tea & scones (or coffee & cake)

6pm

Dinner and raise your glass to your neighbours

9pm

Nationwide sing-a-long to 'We'll meet again' with Royal British legion after the Queen's address

Please remember to follow the social distancing rules.

