



School Newsletter

Trinity Academy Eppleby Forcett and Middleton Tyas
Proud to be Church of England Academies

Friday 1st May 2020

Summer Term - Issue 2

A MESSAGE FROM MRS McLEAN

Dear Parents and Carers,



I hope you have had a good week and are managing to find the home learning materials useful. I am super impressed with the huge range of activities you have all been doing.

Some of you could certainly be on 'Bake Off' in the future!



We understand the very different approaches families may have to home learning due to a great many factors. We have therefore provided the materials as a suggestion, which may be helpful to some children and families, but we do not expect these to be implemented and stuck to rigidly. It is up to you to do what is best for your child/ren, in your family circumstances. This is new to us all and can be quite daunting and leave us feeling overwhelmed so please do not worry. Academic work is only a very small part of learning. Life skills are an invaluable tool so please do take the opportunity to allow your child to explore these. Challenge them to make their bed, wash the pots, load the washing machine, plan and prepare a meal. They might even enjoy it and carry on doing it when we return to some normality!

We really value your feedback and are always open to suggestions so please feel free to message teachers via dojo or Tapestry or alternatively you can email our admin staff.

Mental Health and Wellbeing Support

Staying in the home for a long period with the same people can be quite tricky. I am very much missing the little things I took for granted - giving my mum a hug, popping out for a coffee with friends or having a family meal. To help with this I am recording, in my journal, the good things that happen each day as well as doing lots of exercise in my garden. What helps you stay positive?

I have included some useful links for guidance and support with wellbeing.



<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

Active May

I am glad you have enjoyed the physical challenges we have been sharing. I have certainly enjoyed seeing some of them. A new challenge was sent today, not for the day but for the whole of May. This is one for us all to get involved with and earn points - 'A challenge a day for the month of May'. Please do share your challenges on dojo or tapestry, we would love to see them! Watch out for ours too!

Have a lovely weekend, take great care and most importantly stay safe!

Kind regards,

Mrs D. McLean
Head of School