

Windsor News and Information



Website: www.windsor.windsoracademytrust.org.uk

10th September 2021 Issue: 1

As a reminder, all our safety advice, organisational details and information for parents and students is located in one place in the weekly newsletters section of our website. [Windsor High School and Sixth Form Teaching and Learning](#) information can also be found at [Windsor Academy Trust](#)

Windsor High School Calendar

The calendar of events for this academic year can be view by [clicking this link](#).

A warm welcome back to everyone after our summer break. For new parents, this weekly newsletter will be emailed to you via ParentMail each Friday. If you are not registered please let us have your email address and we will send you a registration email.

If you have a smart phone, why not download the ParentMail app? You stay connected, receive messages instantly and you are also able to report a student absence via the app. To download the app search Windsor High School in your app store.

Paper copies of all correspondence will continue to be issued to students whose parents do not have an email address.



Don't forget to check your inbox in case you miss some important information!

Advice as Schools Return to Normal

Catch it, kill it, bin it remains really important advice. We will continue asking students to follow this rule, sanitize or wash their hands regularly and not attend school if they display any symptoms.

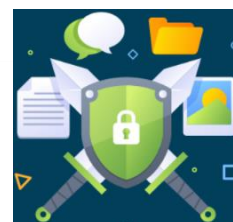
If your child is identified as a close contact of someone who has tested positive, the advice is that they continue to attend school, but take a PCR test. They should still attend school whilst they await the PCR result. More information on when to self-isolate can be found following the below link.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

In the event of a positive case in school, all track and tracing will now be conducted by the NHS which means we will not typically be identifying anyone as a close contact as we had been previously.

eSafe

We will continue to use eSafe, which is a system that notifies the school if any student searches or types anything inappropriate using their school Google account. This is a powerful and highly effective way we are further able to keep our students safe online and I would repeat my request to talk regularly about your child's online activities.



Setting Up Your Child's Device

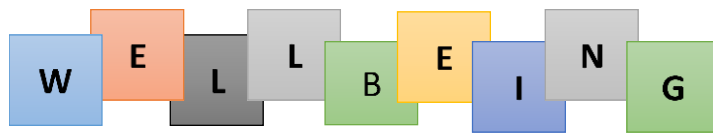
The below link provides really useful advice and guidance on how you can ensure your child's device is safely set up. LINK: <https://www.net-aware.org.uk/news/new-devices/>

Keeping Safe on Social Media

The below link also provides really good advice on how parents can keep their children safe on social media. LINK <https://www.net-aware.org.uk/news/keeping-safe-on-social-media/>

Special points of interest:

- **WHSA** – for information about joining, contact Mr Andi Buckley on 0121 550 1452
- **Lost Property** is kept for two weeks. Students are notified of items via the daily message sheet.
- **Uniform:** Sales are now online: <https://www.swischoolwear.co.uk/>



Reflexions – Mental Health Support Team



Reflexions are a mental health support team who focus on promoting good emotional wellbeing, and getting support early. They use cognitive behaviour therapies to support young people, and we are very fortunate to have this team within our school.

Please click on the link below for more information about Reflexions.

<https://www.canva.com/design/DAEhFKE3tCk/BcuEI43UuRH3v2iXiXISCA/edit>

We have created a wellbeing page on our website where we will regularly add support materials for parents/carers to access. Please click the link at the bottom of this article to look at this guidance for mental health concerns.

WEBSITE LINK <https://www.windsorhighschool.org.uk/school-life/student-welfare-and-personal-development/wellbeing/>

Year 11 Complete Charity Abseil

On Saturday 21st August 2021 Finn took part in a charity abseil to raise money for Birmingham Children's Hospital.

Finn was one of a team of people who abseiled 190 feet off the roof of the Park Regis Hotel in Birmingham, and he has raised a total of £370 so far.

Well done Finn!

Year 11 Mock Exam Support

All Year 11 students will have the opportunity to attend Accelerated Learning lessons after school starting on **Monday 13th September**, 3.20 pm until 4.00 pm. The lessons will focus on revision for mock exams so they are really important. Year 11 tutors have a timetable so students should make sure they check it carefully.

Mr Langford

Influenza (Nasal Flu) immunisation - Years 7-11 18th and 19th October

For the 2021-2022 flu season, children in secondary school will now be offered the flu vaccination. This significant expansion in the programme is part of the government's wider winter planning to reduce flu levels in the population, and therefore the potential impact on the NHS.

You can get more information using the following link <https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

Your child has been given a consent form for you to complete and return to school, as soon as possible.

Thank you for your support.

PE KIT

As COVID-19 restrictions have now been removed the PE department will be running its usual non-adapted curriculum.

Students will be required to bring their PE kit into school on the days they have PE rather than wear it to school.



Action for Happiness: Self Care September

Daily actions to help you be **kinder** to others (and yourself too).
To view the calendar on the Action for Happiness website [click here](#)

Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Leadership Academy Success

Congratulations to all the students listed below. They have run weekly active lunchtime clubs to their peers demonstrating many of the Character ASPIRE principles – being responsible, resilient, creative and compassionate.

Outstanding commitment was shown from Ellie and Maysoon and all the Leadership Academy will receive a certificate and leadership badge from their form tutor.

Well done to you all – you've shown resilience in a tough school year.

Mrs K Jones



The Leadership Academy for 2021 are:

Rohan 9Y1; Curtis 9S1; Ellie 9T1; Maysoon 9Y1; Eva 9L1;
Farida 9H1; Georgina 9L1; Mia 9S2; Ruby 9L2; Zuha 9H1

