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Tuesday 5 January

Dear Parents and Carers

I hope you and your families are well. Following last night's announcement of the national lockdown, I would like to make sure that you are aware of what the announcement means for schools.

### **Immediate period until February half term**

All schools will be closed, other than for vulnerable students and children of critical workers until at least February half term. The arrangements we already have in place for remote learning will continue during this period as detailed in yesterday's letter.

### **Free School Meals**

We will continue to provide support for families entitled to free school meals via a voucher scheme.

### **Summer Examinations**

The PM announced that Summer exams will not go ahead as currently planned. We don't know yet what that means exactly so hopefully more details will emerge soon.

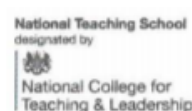
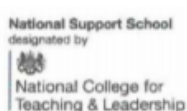
He did not, however, rule out some form of assessment in the summer (or before) so it is important that our Year 11 and Year 13 students keep working hard. Remote learning will continue and it is paramount that they stay engaged and motivated. This will be monitored in school, with parents contacted as appropriate.

### **Mass Asymptomatic Testing**

Information was shared yesterday on our website about mass testing for asymptomatic C-19 infections in schools. **The registration and consent forms are relevant for all vulnerable students and children of critical workers who are coming into school.** Please could I ask parents of these students to read the information on our website and to complete the necessary registration/consent form by 4pm on Wednesday 6 January: <https://www.st-wilfrids.org/nhs-test-and-trace-covid-19-testing-for-staff-and-student/>

### **Wellbeing**

We have all had different experiences, thoughts and feelings due to the pandemic. It is important that our school community looks after their emotional wellbeing. Remember that St Wilfrid's and your GPs are available to help you. You are not alone, we can get through this together. If any families are struggling during the latest lockdown and require advice and/or support, please contact us at school:



**Northern Saints**  
Teaching School Alliance



**Bishop Chadwick**  
Catholic Education Trust

Excellentia per fidem, per scientiam, per adiuvatum

- **Aidan House: Mr Manuel** ([jmanuel1@st-wilfrids.org](mailto:jmanuel1@st-wilfrids.org))
- **Bede House: Miss McCarthy** ([gmccarthy@st-wilfrids.org](mailto:gmccarthy@st-wilfrids.org))
- **Cuthbert House: Mrs Tiffin** ([etiffin@st-wilfrids.org](mailto:etiffin@st-wilfrids.org))
- **Hilda House: Miss Marshall** ([lmarshall3@st-wilfrids.org](mailto:lmarshall3@st-wilfrids.org))
- **Margaret Clitherow House / Career College North East: Mrs Kennedy** ([ckennedy@st-wilfrids.org](mailto:ckennedy@st-wilfrids.org))
- **Year 12: Mr Hodder** ([shodder@st-wilfrids.org](mailto:shodder@st-wilfrids.org))
- **Year 13: Mr Allen** ([tallen1@st-wilfrids.org](mailto:tallen1@st-wilfrids.org))
- **Special Educational Needs & Disabilities Co-ordinator: Mrs Siedle** ([csiedle@st-wilfrids.org](mailto:csiedle@st-wilfrids.org))
- **Designated Safeguarding Lead: Mr Logan** ([alogan@st-wilfrids.org](mailto:alogan@st-wilfrids.org))

Locally, **South Tyneside Lifecycle Primary Care Mental Health Service** can support young people that are experiencing mild to moderately severe mental health problems. Their Community Child and Adolescent Mental Health Team (**CAMHS**) can be reached on 0191 283 2937.

There is also a lot of national support available online:

- **Kooth** ([www.kooth.com](http://www.kooth.com)): free, safe and anonymous online counselling support.
- **Anna Freud Centre for Children and Families** ([www.annafreud.org](http://www.annafreud.org)): self-care to look after our own mental health.
- **Charlie Waller Memorial Trust** ([www.charliewaller.org](http://www.charliewaller.org)): mental health resources for schools and families.
- **Childline** ([www.childline.org.uk](http://www.childline.org.uk)): a free, private and confidential service where children can talk about anything.
- **Headspace** ([www.headspace.com](http://www.headspace.com)): free tools around mindfulness and meditation.
- **Public Health England** ([www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)): guidance on health and wellbeing aspects of coronavirus.
- **MindEd** ([www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)): safe and reliable advice about young people's mental health.
- **Young Minds** ([www.youngminds.org.uk](http://www.youngminds.org.uk)): support for mental health during the pandemic.
- **NHS** ([www.nhs.uk](http://www.nhs.uk)): get medical help near you - ring 111.

As with previous announcements, I'm expecting that we will receive further clarification about different aspects over the coming days so I will write again when I have any further information.

Kind regards

*D Ritchie*

Mrs D Ritchie  
Acting Head of School