

## **Weekly News Update Friday 23 April 2021**

I do hope all families managed to have some downtime over the Easter break. Students have adapted well and settled back into the school routines and it has been a very busy first week with assessments, extra-curricular sport, as well as Year 8 Parents' evening.

Although the R rate is relatively low in Brighton and Hove, we know the virus is still impacting upon schools so we are maintaining our protocols as we did last term. We will of course keep you updated as we receive advice from public health England. You can track the COVID-19 key statistics for Brighton and Hove via this link: <https://www.brighton-hove.gov.uk/covid-19-key-statistics-brighton-hove>

We are expecting our next delivery of Home Testing Kits at the end of week and these will be issued to students when they arrive. Further kits can be ordered from the NHS should you need them, before then: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

### **Elevate Education's Parent Webinars**

Parents in Years 9 – 11 received an email this week from Mrs Lloyd with information about Elevate Education's Parent Webinar Series. The webinar schedule links to the workshops students will be covering next academic year. **The first webinar *Exam Skills* is on Tuesday 27 April. You can register at: <https://get.elevatecoaching.info/uk/register>**

#### **WEBINAR SCHEDULE - live online from 6pm – 7pm**

**27 April: Exam Preparation and Skills:** Helping children to optimise the final week(s) before exams and maximising exam-room performance.

**11 May: Memory Skills:** Helping children develop effective memorisation techniques.

**25 May: Time Management:** Aligning family expectations on homework while maintaining a school-life balance.

**15 June: Motivation:** How to help children create and sustain motivation across the year.

**6 July: Technology:** How to encourage children to self-regulate technology usage and use technology to enhance their learning

Please feel free to attend just one or all of these **FREE sessions**.

### **Athletics**

The Trials Event that was planned for 10 May 2021 at Withdean has been cancelled. Instead Sussex Schools will be holding a Track and Field Competition in place of the normal County Championships on Saturday 12 June 2021.

Athletes wishing to secure the necessary qualification standards for this competition can do so by attending an Open Event at the K2 on 8 May.

Please see the links below for further information.

<https://www.sussexathletics.net/take-part/events-information/>

<https://race-nation.co.uk/register/sussex-athletics/sussex-aa-festival-of-athletics>

Alternatively, they can qualify by attending events run by their athletics clubs.

## **The Big Ask: National survey of children**

This week the new Children's Commissioner for England, Dame Rachel de Souza, launched [The Big Ask](#) – the largest ever consultation with children aged 4 to 17 in England. It aims to find out children's concerns and aspirations about the future, so that we can put children at the heart of our country's recovery from the coronavirus (COVID-19) outbreak.

Parents and carers are also invited [to complete the adult survey](#) to share their views about the future for children and young people today, and what they think is holding young people back.

The results from this survey will help the Children's Commissioner identify the barriers preventing children from reaching their potential, put forward solutions and set ambitious goals for the country to achieve.

<https://www.childrenscommissioner.gov.uk/thebigask/adults/>

## **Self-Harm: Parent and Carer Bespoke Live Online Session**

This free webinar, which takes place on 11 May 2021 at 12.00, is available to parents and carers in Brighton and Hove. It is for parents and carers of a young person engaged in or at risk of engaging in self-harming behaviour. Full details can be found on the flyer attached.

## **Brighton & Hove Youth Eco-Education Survey**

In advance of next week's Headteachers' Conference, ***A Whole City, Whole School Approach to Climate Education and Action***, BHEE (Brighton and Hove Environmental Education) are asking young people, aged 7 – 13, to complete a short questionnaire the findings of which will be shared at the conference. The deadline for the survey is Tuesday 27 April. <https://www.ecoactionfamilies.life/youth-survey-brighton>

Take care and stay safe.