



Dear Parents and Carers,

Welcome the second TLC newsletter, and a big thank you to those who took the time to email and say you appreciated some of the information I shared last week. I would also like to say how grateful I am to all the staff who contributed to the newsletter for this week. I would like to start by highlighting how important it is that we all stay safe online. There are a wealth of resources here: <https://www.gov.uk/guidance/covid-19-staying-safe-online>



Recognising effort

When we are normally in school, we award recognition points to students for each of our learning qualities. During this closure time we would still like to recognise the hard work and determination students are showing. We will be launching our new strategy for this next week so watch out for this!

Learning Focus: PE

Students have been taking part in physical activity ranging from the online Joe Wicks lessons to fitness circuit creation. Although we are giving some guidance on what students can complete, it is vital that all students are completing at least half an hour of activity every day to keep fit and healthy. Taking part in regular activity also helps with stress and anxiety, so run up and down the stairs, get on your bike, walk with someone or work out in the garden!

Students have also been looking at the theory behind some of the activities they are doing and looking at how the body works during activity. This is part of our knowledge-based curriculum to help students understand how to keep active, fit and healthy. Students are quizzed on this information each week to help them retain this information.

The whole PE department are impressed with examples of work and activities that students have sent in and we have shared some work on the [PE SharePoint site](#).

Encourage your children to keep sending in examples as we love to see what they have been working on!

Mr Smith – Head of PE



Resources of the Week

[Oak National Academy](#) have online lessons for students and our teachers are looking at the resources and considering integrating them into our provision. Their first assembly, on Hope, includes students, the UK education secretary and the Archbishop of Canterbury. Watch it [here](#).



We know that some students are finding it hard to stick to a routine and feel like they are making progress. [This checklist](#) could help in the tricky situations when students are feeling demotivated. [Hampshire CAMHS](#) also have resources that could help. Contact us if you are concerned about any student.

Book of the week for students

No Fixed Address by Susin Nielsen

A touching and funny story about family, friendship and growing up when you're one step away from homelessness.

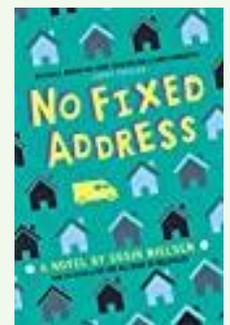
Read this if you enjoyed: Holes by Louis Sachar; Wonder by RJ Palacio

Similar stories: The Boy Who Steals Houses by CG Drews; The Girl Inbetween by Sarah Carroll

Remember reading doesn't have to just be books, it includes news articles, magazines, Recipes, instruction manuals. It is all great practice.

Contact our librarian Mrs Bates (e.bates@testbourne.school) for more book recommendations. Also encourage students to contact her for other reading suggestions, perhaps linked to certain interests.

Remember you can access the library online and read e-books [here](#), and full details about downloading the app to access on a different device are [here](#).



Supporting each other – an update from Dr Hall, Acting Deputy Headteacher



I am pleased to announce that our new Heads of Year, **Mrs Harper (Year 8)** and **Miss Yacoby (Year 9)** have joined us this term. They have already started working remotely and are very much looking forward to getting to know everyone.

From next week, all the Heads of Year will be producing mini-assembly activities for the students in their year groups. These will be posted to a new Assembly section in Teams. We are looking forward to this continued growth in our pastoral care during this challenging time. Mrs Harper and Miss Yacoby are also working on a video introduction to their students as well – these will be following soon.

In our efforts to continue reaching out we shall shortly be sending out a very short student well-being survey. We are keen to find out who is managing to engage with work and how everyone is coping and feeling. The information you provide will help us to provide some more personalised support for anyone who may be finding things a bit difficult.

With that in mind, I'd like to remind everyone of the links we have created on our school website. These will take you to a range of helpful resources and advice to support with mental health and wellbeing. Please follow this link: [COVID-19 Support](#)

Of course, it isn't just about the students, we can all feel the strain of prolonged isolation and the uncertainty that this outbreak is bringing. I'm a huge fan of Happiful magazine, which promotes mental health and wellbeing in general. They published an excellent article last month on coping strategies. You can access this here: <https://bit.ly/2KNh3Dk>

Round up of communication with parents

Please see below for a summary of the communication we have sent out this week:

Whole School

TeenTech STEM Sessions
TCS PPE Project
Whole School Assembly

Year 11

Update on GCSE Grading

Year 10

Work Experience Update

Year 9

Individual Progress Report

Please note that [all communication sent to parents during school closure can be found on our school website.](#)

Don't forget to check TCS Social Media:



Eton College courses: coming soon



You may have seen in the news recently that Eton College have made their EtonX's Future Skills Programme available to all UK state secondary schools, free of charge.

EtonX self-study courses are specifically designed to be delivered 100 per cent online and include a full range of engaging learning materials, with a personal action plan and end of course assessment for each learner. Eton are giving one course free of charge to each school, and it will provide 7-10 hours of self-study content. led by a different Eton teacher.

We hope to be able to offer at least one of these courses to our Year 11 students and we will contact parents as soon as we have completed the application form and have log in details.

And finally, you may have seen changes to the school SharePoint sites. Staff are continuing to adapt their teaching to respond to the challenges we all face, including how to arrange work so students can easily find resources. Staff continue to set work using Teams, but students can also go directly to the [Student Portal](#) and access work in easily identifiable folders.

I hope this information has been interesting and useful, and I will return with more information next Friday.

Stay safe,

Mrs Geraldine Gray
Assistant Headteacher

