



03 April 2020

Dear Parents and Carers

End of Spring Term

This term has certainly presented a huge range of challenges to us all – from storms to Covid we have certainly been tested!

As always there have been lots of positive events this term. The latest edition of @Gryphon is available on our website with an incredibly eye-catching front cover!

We now have a weekly podcast called Gryphon Watch available on our website or through the link:

<https://www.gryphon.dorset.sch.uk/news/introducing-our-new-podcast/#.XnnErqecY1g>

We will continue to add news and other important links to our website and our Twitter and Instagram feeds in the weeks ahead.

Learning At Home

Many thanks for your support and patience with us as we refine the provision we are making to support our students in their learning at home whilst the school is shut. Mr Lawson will be sending you detailed information today about our plans for home learning after Easter, including a simplified system for accessing work and returning completed work.

We know that many students have been anxious about completing all the work that has been set before Easter – please reassure your children that our staff will be flexible with deadlines – just keep in touch with teachers and let them know you are “working on it” if you are worried.

If we can help you in any way to access learning at home please let us know via support@sast.org.uk

Emotional Support and Advice

At the end of this letter are two pages of information on advice and support that your family can access during the school closure. We hope there are some useful links there; as we discover others we will publicise them through our website and social media feeds.

This information is also on our website

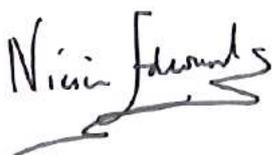
<https://www.gryphon.dorset.sch.uk/news/emotional-health-advice-and-links/#.Xob77RiZNPm>

Sherborne Hub for Childcare

At the time of writing we have no indication of how long the school will be closed. From the 20th April we will be working in partnership with the other Sherborne Schools and Charlton Horethorne Primary School to provide care for the children of key workers and vulnerable children here on The Gryphon School site. This will enable us to make this important provision in an efficient and safe way. Primary aged students will be based in the classrooms in our Leisure Centre whilst the secondary aged students will be based in classrooms at the front of the main school. Staff will be in school on a rota basis, in our "Tiger Teams". Access to this provision is carefully controlled to minimise the risks to children and staff. More information is available from admin@gryphon.dorset.sch.uk

At this time of great uncertainty the whole Gryphon staff and Governors send you all good wishes for a peaceful and Happy Easter

Yours sincerely,



Nicki Edwards

Headteacher



Emotional Health Advice and Links

During these difficult times, it is important that everyone is looking after his or her own emotional health as well as physical.

The daily hour outdoors is not just benefitting you physically but will equally, if not more importantly benefit emotional health and well-being.

However, there will be times that you may need further support and advice and so we are putting the following in place:

Daily support contacts within school from **10:00 – 14:00** – just email the staff in the table below to seek advice, or if you wish to speak to someone, they will call you back using the numbers listed in our records.

Day of the week	Staff names	Staff email address
Monday	Miss Bethan West Mr Nathan Cracknell	Bethan.west@gryphon.dorset.sch.uk Nathan.cracknell@gryphon.dorset.sch.uk
Tuesday	Mrs Debbie Alexander Mrs Sally Peet	Debbie.alexander@gryphon.dorset.sch.uk Sally.peet@gryphon.dorset.sch.uk
Wednesday	Mrs Sarah Darlington Mrs Helen Burgess	Sarah.darlington@gryphon.dorset.sch.uk Helen.burgess@gryphon.dorset.sch.uk
Thursday	Mrs Debbie Alexander Mrs Rachel Ackland	Debbie.alexander@gryphon.dorset.sch.uk Rachel.ackland@gryphon.dorset.sch.uk
Friday	Mrs Jackie Brighouse Mrs Sue Pinkawa	Jackie.brighouse@gryphon.dorset.sch.uk susan.pinkawa@gryphon.dorset.sch.uk

Alternatively, other organisations are offering a range of advice for parents and young people as we go through these unprecedented times.

Childline provides a range of online tools that young people might find helpful:

- information about coronavirus
- Calm Zone – activities to help let go of stress
- games to help take your mind off things
- information and advice on a range of topics including feelings, relationships, family and schools
- peer support message boards
- Childline Kids, our website for under 12s.
- Childline can also give confidential help and advice. **Calls to 0800 1111** are free or children can get support online

Young Minds have a parent support guide full of useful information and contact links - <https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/> or you can call the **Parents Helpline:** 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

There is also advice specific to Coronavirus that you may find useful:

Tips for coping with OCD during the coronavirus pandemic -

<https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/>

What to do if your young person is **anxious about Coronavirus** -

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Talking to your child about Coronavirus - <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>



Free

Categories: [Mental health](#), [Online community](#), [Child health](#)

Who is it suitable for?

Teenagers facing issues they would like to discuss with experts or other teenagers

How does it work?

With MeeTwo, you can post messages about any issue you are struggling to cope with. Teenagers receive supportive responses from other teenagers and guidance from MeeTwo experts, designed to build confidence, increase wellbeing and improve emotional resilience

Every post and reply is moderated; to make sure only positive feedback is published

The app contains advice and information on a variety of subjects, as well as a directory of specialist support groups that can offer further help.

The Sleep Council have useful support leaflets and one aimed at young people - <https://sleepcouncil.org.uk/wp-content/uploads/GNGC-download-printable-version.pdf>

The NHS – Every Mind Matters – good advice on a range of issues relating to Coronavirus and common issues faced by young people and parents - <https://www.nhs.uk/oneyou/every-mind-matters/>

The Mix – advice on dealing with corona-anxiety - <https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias/how-to-deal-with-corona-anxiety-35761.html>

Anxiety UK – have a wide range of support along with online support groups and webinars - <https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

Finally, the most recent update from Public Health England gives a wide range of advice on specific groups who may be struggling during the Coronavirus pandemic. It covers areas such as:

What can help your mental health and well-being?

Staying at home

Where to get support

Additional advice for groups with specific mental health needs

People with a learning disability

Autism

The advice is available at <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

As a school, we are here to support in whatever ways we can and hope you may find the advice above useful if needed.

