



# Parent Newsletter

St Mary Magdalene Secondary

Issue No 15 | May | Friday 1<sup>st</sup> May

Dear Parent/Carers ,

I hope you are all keeping well and not too down with the change of weather this week. I would like to begin by sharing some words of encouragement and support for the mental wellbeing of our children from the Southwark Diocesan Board of Education:

1. Be open with your child about the range of emotions we are all feeling, it is normal.
2. As much as you can have honest conversations about your daily experiences and plans.
3. Give your full attention when your child is speaking to you. Try to be empathetic and validate their feelings.
4. Maintain consistent boundaries as this contains the young person.
5. Be open to the possibility of your child regressing in their behaviour. During times of anxiety and uncertainty a child or young person may act younger in age.
6. Model good self-care. Looking after ourselves communicates that others should do the same.
7. Recognise what has gone well every day and talk about it. Name two things that have been good and one that hasn't been good.
8. Reach out to help around you. Know what your child's school, local charities and your GP can provide.
9. Talk about the future, the plans you can make, places you will go, people you will see. This time will pass.
10. Be kind and patient with yourself. Every day and every moment doesn't have to be positive.

Along with this newsletter, you will have also received my student bulletin, which I would like you to read and share with your child. If your child has received an R3 please do congratulate them and encourage them to keep doing their best.

I would like to acknowledge all of the email and phone requests we have received for laptops. I hope you can all appreciate that we have a limited supply and are trying our best to support as many of our families as possible. There is a very long waiting list at the moment, so please only put your name down if you do not have any devices at home. I thank you for your patience and understanding with this matter.

Reports: Spring term reports have been posted to you today. Even though we were unable to complete the Spring term at school, the attainment grades take a holistic approach of all the work your children completed before school closures took place.

Finally, I would like to say 'Ramadan Mubarak' to our families who began fasting last week. I hope this time is going well for you and your families.

Please do continue to take care of yourselves and your families.

Sincerley,

Mr R.Hussain  
**Principal**