



Parental Weekly Bulletin – Year 7

Week Commencing **25 January 2021**

Key Dates

Year 7 Virtual Library launched this week

Monday 25 January – Sunnah Fast Day

Thursday 28 January – Sunnah Fast Day

Key messages

- **COVID-19_Guide for parents** - https://www.tibhs.com/wp-content/uploads/2020/09/COVID-19_Star_guide_for_parents.pdf
- Please note that, regardless of whether your child is learning from home or at school, it is important to still inform school if your child is self-isolating or has tested positive using the usual absence reporting line and email address: info@tibhs.staracademies.org
- **Travel** - We ask that all parents and carers think carefully about how their child travels to school. Please read and follow the [safer travel guidance for passengers](#) when planning your travel. **If your child is traveling by public transport then they will be expected to wear a face covering.** The preferred method is to walk when possible following social distancing measures.

Learning Notices

- **Remote learning** – please see the new timetable here: <https://www.tibhs.com/wp-content/uploads/2021/01/STRUCTURE-OF-THE-DAY-LOCKDOWN.pdf>
- **Spring Term 1 Assessments** - As mentioned in the parents briefing notes last week, the spring term assessments all started week commencing 18th January 2021. There will be assessments taking place for spring term 1 for all Year groups 7-11. Exam schedules have been put on the [website](#). It is vitally important that all pupils in all year groups revise for their exams so that we have the strongest teacher assessment data, which is the most recent. For almost all pupils the assessments will take place online. As a school we expect the same standards and your son will be expected to complete a declaration to say that the exams have been completed with integrity. There will be a Microsoft Forms to complete in your son's year group teams and MUST be completed by no later than Sunday 24th January 2021.
- **TIBHS virtual library** - The TIBHS library is going live on Monday 25th January 2021 with initial access given to pupils in Year 7. We have a selection of books that pupils can choose from and over time more book will be added to this space. Please support us in promoting reading for pleasure during the lockdown so that all pupils benefit from having access to books from home. The link for the webpage is: [TIBHS Y7 Virtual Library | Tauheedul Islam Boys' High School](#) Class teachers will talk pupils through the website and how to access it – just like our school library.
- **Accelerated Reader** - Along with our virtual library, pupils in Year 7 will be issued login details to their Accelerated Reader accounts week beginning Monday 25th January 2021. On completion of every book that is read, pupils will complete a quiz on the book, which will indicate their level of understanding. Pupils can access the AR website using the link: <https://ukhosted65.renlearn.co.uk/3574399/Public/RPM/Login/Login.aspx?srcID=s>
Pupils must not search the website via Google as every school has its personalised webpage. Please see the links below for further information:

Behaviour and Personal Development Notices

- **Mental Health Online Workshop** - The Mental Health Support Team at TIBHS are looking to hold discussions with parents on the peculiar psychological pressures of the COVID pandemic and lockdown. As well as tips and strategies for parents, there will be a reminder of the work carried out by the MHST as well as guidance about who in school should be approached if a parent has concerns about their son. There will also be a question and answer session. If you are interested in attending this session, please complete the form below: <https://bit.ly/2Y4x8ew>
- **Helping your child manage their feelings during lockdown** - The announcement of the current lockdown and move to remote learning is particularly tough on older children and teenagers. Being deprived of face-to-face contact with their friends, the changes to summer exams and concerns about future job prospects may all contribute to feelings of anxiety for young people.

For many people who thrive on predictability and routine, the uncertain future can feel overwhelming. Reassure your child that they will cope, and that it is always good to experience managing change, as everyone will face many changes throughout their lives.

As always, it is very important to listen to your child without judgement or interruption. Their world was starting to open up again and was suddenly closed down again. The upkeep of vital relationships will be of huge importance to a lot of young people, whether via the phone, online or through gaming.

Help your child to recognise when they are worrying about things which cannot be changed or that they have no control over. They (or you) may notice that they are in a repetitive loop of worry which they may find hard to move away from.

Filling their mind with something to truly distract them from those thoughts can make a huge difference. If they struggle to talk about their feelings, they may find it helpful to write or draw about what is happening to them, or to find a hobby which can keep them engaged mindfully rather than worrying about the past or future.

Here are some suggestions of ways you can support your child over the next few weeks:

- Together, set aside a time each day where they can talk about how they are feeling.
- Focus on things they can control, such as attending all online learning and managing their free

time.

- Use journaling (either written, verbal or using art) as a way of processing their thoughts.
- Share your strategies for what helps you when you feel stressed or anxious.
- Take time to be outside – a walk in nature, a bike ride or other outdoor activities are a good way of getting physical exercise and unwinding.
- Think about what you can celebrate – not just birthdays but achievements you have each made such as meeting a target or completing a piece of coursework.
- Include your child when supporting neighbours or family members. Although it may not be possible to see friends in person, help them to connect with others regularly.
- If your child is feeling anxious, encourage them to try simple breathing techniques such as breathing in for a count of four, holding their breath for a count of four and breathing out slowly for a count of seven.

Come And Explore Kooth With Us

The following virtual sessions will provide parents and carers with:

- An overview of Kooth and how we support young people's mental health and wellbeing
- A live demonstration of the service
- A Q&A to ask us anything you want to know about Kooth

To attend please register on the following links.

[Thursday 21st January @ 11am-12pm](#)

[Wednesday 27th January @ 6-7pm](#)



The graphic features the Kooth logo and several icons representing services: 'DISCUSSION BOARDS', 'FREE COUNSELLING', 'KOOH MAGAZINE', 'HELP ARTICLES', 'SELF-HELP TOOLS', and 'JOURNAL'. Text on the graphic includes 'Free online counselling support for young people! Discover everything Kooth has to offer' and 'Sign up for free at Kooth.com'.

Finally, please remember that the staff at TIBHS are here to support you too. The Mental Health Lead at TIBHS is (Moulana) Usman Kothia who can be contacted on 01254 918670 or info@tibhs.staracademies.org

- **Action Counters Terrorism** - Between January 2019 and June 2020, 17 children were arrested in relation to terrorism offences across the country. Some were as young as 14 years old and nearly all were radicalised entirely online. In the same time period, more than 1,500 children under the age of 15 were referred to the Prevent programme to help them choose a different path, away from hatred and violence. The impact of Covid-19, social isolation and a rise in hateful extremism online has created a perfect storm, which is making more young people vulnerable to radicalisation and other forms of grooming.

The new Action Counters Terrorism (ACT) website emphasises early detection and is aimed at family and friends who are encouraged to call the Prevent advice line on 0800 011 3764, if they are worried about someone they know. The website can be found at <https://actearly.uk/>