



Dear Parents & Carers,

As we reach the end of lateral flow testing of students in school, I am happy to report that there have been no positive Covid results from the tests, which is very reassuring. Please do thank your child for their cooperation and support throughout the week as students have been superb during the course of this testing, enabling us to get the tests completed effectively and swiftly. At the time of writing, we have administered over 1100 lateral flow tests! I am sure you will join me in thanking the staff who have gone above and beyond their normal duties to support and administer the tests: Mr Hart; Mrs Rowley; Miss Green; Mrs Mullins; Miss Gibbs; Mr Overton; Ms Rumsey; Mr Godwin; Mrs Austin and to Mr Longhurst, Assistant Headteacher, for coordinating the process.

Today we have issued students in Year 10 with 4 boxes and the other year groups with 2 boxes due to supply of home test kits (each box containing 3 tests) and an instruction booklet to bring home. This should allow students to begin testing at home from Sunday 21st March, twice weekly. We are advising testing on a Sunday and Thursday each week and only reporting any positive test results to the school (in addition to reporting the results to the NHS as detailed in the instructions). Thank you for your support with testing at home therefore.

Today is Comic Relief 'Red Nose day', with students contributing towards the fundraising and wearing mufti for the day - a nice opportunity to do something that we would do in a 'normal' school situation. Next week we look forward to a virtual Year 9 Progress afternoon / evening where parents/carers may talk with their child's subject teachers about the lessons and learning both in school and distance work. We are, of course, reliant on the technology behaving, so fingers crossed!

Take care and have a good weekend

John Parr
Headteacher

Lateral Flow testing - Home testing kits

Home testing kits have been handed out to students this afternoon. Kits come in packs of three tests and students will be provided with at least two boxes, providing 6 tests in total. A further two boxes will be sent home for those students who have only received two boxes as soon as the stock arrives before the Easter holidays. The packs contain all the instructions required for administering the test, although students will be given an updated booklet provided by the NHS which should replace the booklets that are contained within each pack. Should a positive test be returned, then alongside updating the NHS records we would also ask that you make contact with school immediately to inform us of the situation by contacting our attendance line or emailing covid.support@csschool.co.uk Should this situation arise then your child and the household bubble will be required to self-isolate while taking further advice from the NHS and/or awaiting a result from a full PCR test. There is no need to let us know of negative test results. **Please note that in a change to the letter sent home earlier this week, we have been advised that testing is also required throughout the Easter Break.**

Therefore, we would ask that home testing is completed by students on the following dates: -
Sunday 21st March, Thursday 25th March, Sunday 28th March, Thursday 1st April, Sunday 4th April, Thursday 8th April, Sunday 11th April, Thursday 15th April, Sunday 18th April, Thursday 22nd April and Sunday 25th April.

Lunches and snacks



If you would like your child to have schools meals, please can you ensure that you have credited your ParentPay account.

Congratulations to last week's winners

Student: Maisy Clift Year 7

Staff: Mr Clarkson





Accelerated Reader



Once again well done to the following students for reaching their targets.

Year 7

Lauren Clarke

Alex Costa-Veiga

Year 8

Finley Healey

Connie Woodhouse

Year 9

Finn Feeney

Evie Jackson

Alex MacDonald

Oliver Pedley

Internet shoppers the P.T.A. needs you...

Internet shopping can raise funds for the P.T.A. at no extra cost.

Please sign up to



Easyfundraising

or Amazon smile



If you sign up to Easyfundraising www.easyfundraising.org.uk, when you shop online they will make a donation to the P.T.A. and you are charged nothing extra.

Thanks to our current 50 supporters £161.25 was raised in 2020 simply by shopping online.

Amazon smile also have a similar scheme smile.amazon.co.uk. When you buy the usual Amazon products, and sign up, 0.5% of the total on eligible products is donated to the P.T.A.

We also need new members

It would be great to welcome some new members to our small, friendly team. If you would like to know more please email cssschoolpta@gmail.com and we will be pleased to have a chat about the role of the P.T.A. If you would like to be kept up to date with P.T.A. news and join our mailing list please get in touch. The main officers are in post but they would welcome support and new ideas from attendees at meetings. The next meeting will be held on 28th April at 7pm via Zoom so please save the date and consider joining the meeting. Thank you.

Get involved, meet new friends & make a difference.....join the P.T.A.

National Careers Week

Before we returned to school it was National Careers Week. Year 7,8 and 9 looked at different careers with Start Profile, the online careers education platform we use at school.

All Years were invited to take part in the online Careers Fair. Year 11 had a workshop with Jordan from NCS looking at Skills Assessment and Career Goals. They used the 16 Personalities website to look at how they work and which careers/jobs these skills would be beneficial in.

Finally, a Careers Week themed quiz was open all week and Clara Powis in Year 8 won. Well done Clara! Your prize is on its way.

The links for Start Profile, National Careers Week Careers Fair (which will stay open all year) and the 16personalities skills assessment are below.

<https://ncw2021.co.uk/>

<https://www.16personalities.com/>

<https://www.startprofile.com/>



Stretton Pool Action Spending Survey

Stretton Pool Action are seeking the views of the community on how best they can use their funds. Help them by completing the short survey online at:

<https://forms.gle/T1RR9Rq8PdWu2vNWA>



ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust