



9th October 2020

Welcome to our weekly Newsletter! I hope you are well and in good spirits.

This week we launched our online prospectus. As we are unable to invite parents onto the school site for our usual Open Evening this year, we have tried to recreate the experience with a selection of videos, photos and factual information. We hope it will give prospective parents and students a flavour of what we have to offer at Lytchett. Please share it with your friends, especially if they have a child in Year 6. The link (www.lytchett.org.uk/prospectus) can be found on the front page of the school website and also on our Facebook page.



We are pleased to have got through the first month of the new term without having to send groups of students home to self-isolate. If we all remain disciplined and careful about maintaining social distancing, washing our hands frequently and thoroughly, and wearing face masks in internal communal areas, we should be able to continue with normal face to face teaching for a good while yet. Please send your child into school with a clean mask every day. We cannot be providing masks for every student. I am very grateful to one of our parents (who wishes to remain anonymous) for making and donating dozens of home-made masks for our students. If you feel you can help us by making masks for students to wear in school, I would love to hear from you! This is a time when we need to come together and support each other. By complying with the school's expectations of mask wearing and adhering to our protocols by remaining as much as possible in year bubbles, students are doing their bit to keep everyone safe. We are very grateful for this support.

On Thursday we had our first whole school PSHE lesson of the year. Students responded brilliantly. The topic was '*Wellbeing and Resilience*'. The areas that were covered were: coping with lockdown; the importance of sleep; the importance of healthy eating; how mindfulness can help with stressful times; the benefits of physical exercise; how artistic expression can help with stress; the importance of giving for our wellbeing; and how to be a good friend—and why it is important. The session was made up of short videos and discussion. We felt it was well received. Why not ask your child what they felt they got out of it?

We are very sorry that so many of you had your bank payment cards compromised by the cyber attack on Wisepay last weekend. We were very frustrated with the time it took the company to inform us of the reason for their 'technical issues' and to let us know the identities of those parents affected by it. We appreciate the considerable inconvenience that this issue will have caused you. We have a number of questions to raise with Wisepay about this whole matter. The Wisepay website is now functioning again and we have been assured that their security systems have been tightened.

Take care.

Andrew Mead



Why we ask ALL STUDENTS to wear masks in corridors

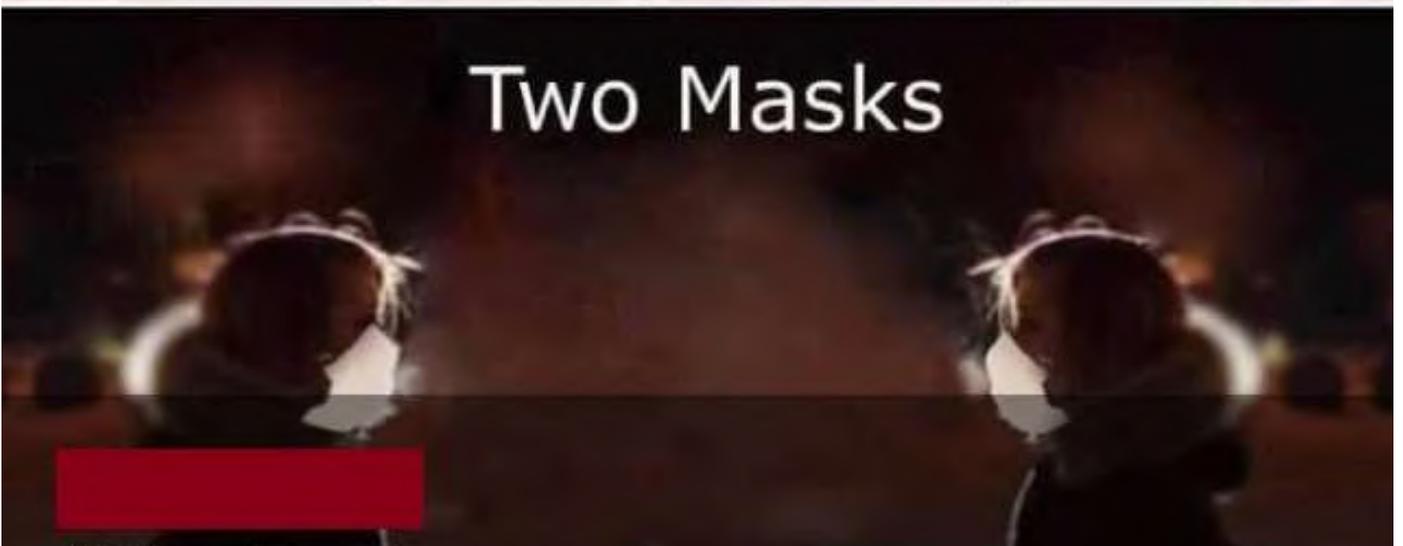
No Masks



One Mask



Two Masks



By wearing a mask, we show we care about other people and we help protect them from the virus.

Extra Curricular Clubs

If you are in Year 9 and enjoy gardening, Mr Reed holds a 'Gardening Club' on a Saturday morning from 9am until 12 noon, here at school. They meet in all weathers and would love to have more members. If you are interested, please contact Mr Reed for more details.



Inter-house Sports Competition



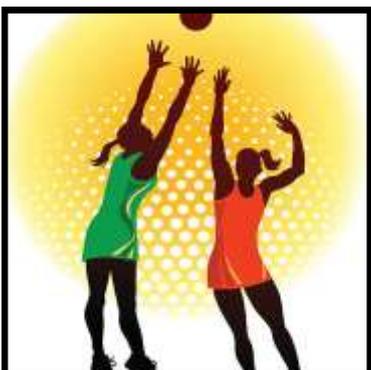
Well done to the **Year 9 students** for taking part in the **inter-house badminton**; all 16 participants proved extremely competitive and were determined to win top points for their house. Due to having a mixture of girls and boys it was decided to create two leagues. The results were:

Girls' League

1st Wealden
2nd Portland
3rd Purbeck

Boys' League

1st Agglestone
2nd Agglestone
3rd Agglestone



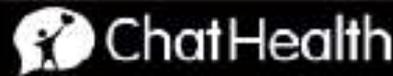
Congratulations to Wealden House on winning the **Year 10 inter-house netball competition!**

1st Wealden
2nd Portland
3rd Gault
4th Agglestone



Dorset HealthCare
University
NHS Foundation Trust

IF YOU'RE 11-19 YEARS OLD (YEAR 7 AND ABOVE)



TEXT YOUR SCHOOL NURSING TEAM ON

07480 635511

we can help you with all kinds of things like...

CONTRACEPTION

MENTAL BULLYING SELF-

HEALTH ALCOHOL HARM

HEALTHY EATING

DRUGS SEX SMOKING

Text us for confidential advice and support

We do not usually inform your parents, teachers or anyone else if you contact the School Nursing Team. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please regard your schools mobile phone policy. Messages are charged at your usual rate. Please follow link for Fair Processing Notice/ Privacy Notice. This explains how we use your information and with whom it is shared. It also explains what your rights are with regards to your information. <http://www.dorsethealthcare.nhs.uk/school-nursing.htm>

ChatHealth Messaging Service

Text your School Nurse

During these unsettling times, as a parent of a child aged between 11-19 years old you may be worried about your child's health and wellbeing and be unsure about how to get the help they need.

Our School Nurses are still here to help - your child can text them for confidential advice and support on a wide range of issues.

Young people aged 11-19 years old can send a text to:

07480 635511

We can help young people with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking

Your ChatHealth messaging service is run by Dorset Healthcare Public Health School Nursing Team and is available Monday to Friday between 8.30am-4.30pm (this includes school holidays but not bank holidays).

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

More information can be found at <https://www.dorsethealthcare.nhs.uk/school-nursing>

Student News

Congratulations to **Ashveer Jaswal** Year 9, Kimmeridge House, who helped (with the support of his family) to raise over £1,200 holding a Macmillan Coffee 'cake away'!

He helped with the setting up on the day, taking orders and decorating wooden pieces for sale, showing a real sense of care and responsibility for raising money for charities. Ashveer really hopes that the annual Sandwalk event will go ahead next Summer!



Handmade Decorations



Parent Forum

Parent Forum takes place every half term. This is an opportunity for parents to discuss any aspect of school life (positive and negative) directly with the headmaster. Meetings are open to all and are advertised on the back of the Newsletter with the calendar of events. For more information about Parent Forum meetings, please contact Heidi Miles (miles@lytchett.org.uk).

This term the meetings will take place online via Zoom. If you would like to attend the first Parent Forum meeting of the year, please contact Heidi Miles. Those parents who express an interest will then receive an invitation to the meeting which will take place via Zoom on **Wednesday 2nd December 7.00pm-8.00pm**.

Parent Forum meetings give parents the opportunity to discuss any school-related issues directly with the headmaster.

World Mental Health Day



World Mental Health Day
10th October
Explore Kooth for free, safe and anonymous support

kooth Sign up at [Kooth.com](https://www.kooth.com)

Mental Health is becoming much more of an open topic of discussion, and rightly so. The statistics are staggering: 1 in 4 people in England will experience some kind of mental health problem each year. Now more than ever, after months of lockdown, which for many people meant the decline in their mental health, we need to come together. It's so important to look after your own mental health, as well as be understanding of friends and family who may be struggling. If you think your mental health is suffering, a good place to start is educating yourself on symptoms and finding out what help or treatment is available to you. It is much better to confront issues sooner rather than later, as they will often be easier to treat. Bottling up problems can make the situation so much worse. It is also unnecessary doing this, when there are so many people to talk to. Charities such as Mind, The Listening Ear and Kooth offer a wide range of support .



Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com

Important Dates

Please note that we will be transferring all our public events (such as Open Evening and Parents Information Evenings) online this term.

Friday 16th October: Year 11 Progress Reports sent home

Monday 26th October - Friday 30th October: Half term holiday

Friday 6th November: Year 10 Progress Reports sent home and Year 7 Reports sent home

Friday 27th November: Year 8 Progress Reports sent home

Friday 4th December: Year 9 Full Report sent home

Friday 18th December: Year 11 Progress Report sent home

Open Evening/Online Prospectus

VIRTUAL OPEN EVENING

- Welcome from the Headmaster
- Introductions to each subject
- Examples of work, classroom experiences and trips
- Video tour of the school from one of our students
- Future opportunities
- Information about clubs and activities
- Views from current students
- Opportunity to ask questions which will be answered via a video follow-up in a few days' time

www.lytchett.org.uk/prospectus

Live online now!

www.lytchett.org.uk/prospectus