

Headteacher's Letter

Dear all,

Welcome back to one and all. We are delighted to have had the return of all year groups to school today. Thank you to everyone for your ongoing support with the changes that are required to maximise everyone's safety. I know that all parents received a letter with a summary of those changes but also wanted to include it here to ensure everyone understands how the government's changes impact on our school.



It has been recommended by the Department for Education that face coverings are worn in classrooms:

"The advice is short term only, to support pupils and teachers as they return to school this term and builds on the existing proportionate guidance that recommends face coverings for all adults in communal areas of all settings. We are updating our guidance to reflect this. The advice on face coverings in classrooms will be in place until Wednesday 26 January, when Plan B regulations are currently scheduled to expire, at which point it will be reviewed."

In addition, the guidance regarding self isolation has also been updated. Since Wednesday 22 December, the 10 day self-isolation period for people who record a positive PCR test result for COVID-19 has been reduced to 7 days in most circumstances, unless you cannot test for any reason. Individuals may now take LFD tests on day 6 and day 7 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation. The first test must be taken no earlier than day 6 of the self-isolation period and tests must be taken 24 hours apart. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the seventh day.

We continue to encourage students, parents and staff alike to complete the twice weekly home testing and **report all results to NHS Test and Trace**. Even if someone has tested positive for COVID-19 within the last 90 days, they are strongly encouraged to take part in LFD testing once they have completed their isolation period for their prior infection.

Friday 7th Jan 2022



Hands



Face



Space

Term Dates January

Spring Term 2022

Half Term - Monday 14th
February to Friday 18th
February

Term Ends - Friday 1st April

Summer Term 2022

Term Starts: Tuesday 19th
April - Staff Training



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Follow us on Twitter
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Attendance Notice

Can parents/carers please inform the school if your child is unwell as we are monitoring attendance. Parents/carers please report this in the normal way by contacting school attendance number on 01582 870912 or the attendance email address attendance@stopsleyhighschool.co.uk

Further to these changes it was announced this week that as of Monday 11th January anyone who is not displaying covid symptoms but tests positive on a lateral flow test completed at home should self-isolate immediately and ensure that they have reported the test result to the track and trace service. This is a change in advice as a confirmatory PCR test will no longer be required in this particular instance.

I look forward to sharing with you what our students have been doing upon their return.

Have a safe and restful weekend,

Ms Hand

WORK WITH US

Check out the following link for details on **current vacancies** at Stopsley High School.

PLEASE TAKE EXERCISE BOOKS HOME

Based on feedback from students, parents and staff we will be asking students to take their class exercise books home with them each day. This will enable you to be fully involved with your child's learning and see the amazing work they have been completing at school. It is important that they bring the correct books to school each day as per the lessons on their timetable.



COMMUNITY FAIR
STOPSLEY HIGH SCHOOL

There are always lots of opportunities available on the Community Fair site!

New Leadership Opportunity:
The Stopsley Green Team

Find out about this opportunity on the Community Fair website.

SHS VACANCIES SHS

Vacancies are listed on www.mynewterm.com

EXAM INVIGILATOR

Luton - Casual -
Part-time - £9.81
p/hour

TEACHING ASSISTANT LEVEL 2 (SEN)

Luton - Permanent
- Part-time -
£18,933

TEACHING ASSISTANT LEVEL 2 (SCD)

Luton - Permanent
- Part-time -
£11,437

CLEANING OPERATIVE

Luton - Permanent
- Part-time - 12.5
hrs/week

EXAMINATIONS OFFICER

Luton - Permanent
- Full-time -
£27,414

SENIOR CONSTRUCTION & DT TECHNICIAN

Luton - Permanent
- Part-time -
£18,089



SPOTLIGHT ON COMMUNITY



Children's Occupational Therapy Service

for children and young people who experience difficulties with everyday activities

You can find information and access the resources listed below on our webpage:

www.cambscommunityservices.nhs.uk/BedsandLutonOT

- 'You make the difference' video - for parents and carers of children aged under 5, to promote use of hands and independence skills.
- Sensory Processing Awareness Training - online video, planning wheels and strategies.
- Development Skills Package - provides information to support the development of the skills noted below.



SCAN ME

This information is also available in easy read or other languages, please see the website or scan the QR code to use our RECITE function.

easy read and translation



- Play
- Eating
- Dressing
- Self-care (eg washing)



- Managing at school (e.g. school tasks and helping a child with a physical disability with supportive seating or to get around their classroom)

Further information (including details of your Local Offer pages) can be found at:

www.cambscommunityservices.nhs.uk/BedsandLutonOT

Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

PHYSICAL

MENTAL

EMOTIONAL

1 LEAVE YOUR PHONE AT HOME
Now the weather's turning nicer, go for a long walk... without your phone!



2 EAT WELL, FEEL WELL
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress.



3 PUT THE 'NO' INTO 'NOTIFICATIONS'
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions.



4 APP-LY YOURSELF
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps!



5 GO TOTALLY TECH FREE
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours.



6 STREAM SOME STRESS AWAY
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite!



7 TIME FOR A CUPPA
Working from home? Take regular screen breaks. Even just five minutes can do the trick!



8 LAUGH YOUR CARES AWAY
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle.



9 TAKE A BREATH... OR TWO
FitBits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos.



10 PUSH THE ENVELOPE!
Write and post a card or a letter to a loved one. It'll make them feel good too!



1 SOUNDS RELAXING
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed.



2 WELL, FANCY THAT
Go online and learn something new. Just any random fact that you didn't know this morning!



3 ELIMINATE SOME EMAILS
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space.



4 BEAT THIS
Create a feelgood playlist on your phone... all these tracks that never fail to give you a boost!



5 CLEANSE YOUR SOCIAL MEDIA
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at.



6 LET THEM WAIT
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress.



7 GET PRODUCTIVE
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager.



8 PEACE IN A POD
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you.



9 SPRING CLEAN YOUR PHONE
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain!



10 HELP YOURSELF
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better.



1 FABULOUS FACETIME
Video call a friend or family member, just to catch up. Or, if you have time, do both!



2 SPREAD SOME GOOD VIBES
Choose your favourite post of the day from your social feeds and share it.



3 CUTE, CUDDLY AND CALMING
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever, it literally never fails to make your day better!



4 READY PLAYER ONE
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long!



5 BRIGHTEN THEIR DAY
Share some love! Message someone just to tell them that you're thinking of them.



6 U OK HUN?
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you.



7 LIKE THIS, LIKE THAT
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too.



8 START ON THE FRONT FOOT
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow.



9 PIC AND CHOOSE
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it!



10 SHARE SOME LOVE
Someone you know achieved something special? Go online and publicly congratulate them!

