



THE SYDENHAM & FOREST HILL 6<sup>TH</sup> FORM

March 2020

Dear 6<sup>th</sup> form students

The changes that we have all faced over the past week have been massive. We wanted to write to you to say hello from the school and give you a few tips for the week ahead. Please know that every member of staff at Sydenham and Forest Hill are holding our students in our thoughts.

So here's 6 top tips for the next few days:

1. Follow the social distancing rules announced by the government at all times. It might be really difficult, but this is the most important thing you can do to limit the spread of the coronavirus. This is essential to help the NHS cope and save lives. We have an absolute responsibility to follow these rules at all times. If you think you, or someone in your household, has symptoms of coronavirus (a persistent new cough or a raised temperature) please follow these rules on the Public Health England website.
2. Get organised: Make sure you have a daily timetable of what you will do. Some of you may be completing coursework assignments for your teachers; please email the relevant staff if you have any queries about the assignments. For those year 13 students whose courses do not include coursework assignments, you could usefully spend time completing wider reading and consolidating subject knowledge specifically relevant to your planned university course. Many students have said they have had to adjust their daily timetable so that they can share access to the computer at home. Find a routine that works for your whole family. If it hasn't worked well so far, make adjustments and keep positive. We will be in touch as soon as we have any further information about how your grades will be calculated by the exam boards this summer.
3. Check our website and your school email for updates and go to the new [SIXTH FORM TUTOR TEAM](#). To access this go to [Teams](#) and then click – 'Join Team' and then 'Join Team With a Code' and enter the code **w25sufz**. We will be adding information and advice about enrichment, well-being and progression in this Team and we will develop and keep this updated with advice over the next few days. If you have suggestions of what we could include on it, please email Ms Conway or Ms Belger.

Use this link to sign up for virtual work experience opportunities from Speakers for Schools

<https://www.speakersforschools.org/experience/>

4. Stay safe: If you have a safeguarding concern you can contact Mrs Quartey, our Designated Safeguarding Lead, during school hours on: 07908 277 599 or e.quartey@sydenham.lewisham.sch.uk. You may also contact Childline on 0800 1111. If you have an urgent medical problem and you're not sure what to do, go to 111.nhs.uk or call 111. If you want to contact the police, ambulance or fire brigade, dial 999 in an emergency or 101 to report a concern or a crime. Remember these services are likely to be under pressure over the next few weeks, so please access them sensibly.
5. Keep in touch: Every Friday your YLC will send you a weekly message. Your tutor is going to email you as well. Contact your subject teachers if you have queries about your work. Please follow the rules on email etiquette that I mention below. If you are finding it hard to manage your work overall, please contact your tutor. If you have a safeguarding concern, you can contact Ms Quartey, our Designated Safeguarding Lead, during school hours on: 07908 277 599 or e.quartey@sydenham.lewisham.sch.uk.
6. Think of your fitness and mental health: It is important to think about how you can exercise during this time, so that you maintain your fitness levels. This is also vital for your mental health. Millions of people around the world have been doing the P.E. With Joe Body Coach workouts on YouTube and these can be done from your home. A time of disruption can have an impact on everyone's mental health and well-being. You may find this video from the Anna Freud centre reassuring: <https://youtu.be/ME5IZn4-BAk>. If you would like additional emotional support at what might be a difficult time please see the links below:

<https://www.childline.org.uk/toolbox/calm-zone/>

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

<https://youngminds.org.uk/>

7. Be kind: At times of upheaval, it can be hard to always be kind to others. But this is more important now than at any other time in our lives. Please make sure you:

- Check in on your friends on social media and be kind to those who are struggling. Contact your YLC or Ms Quartey if you are worried the wellbeing of another Sydenham School student or yourself.

- Always be polite on social media (we will pick up cyber-bullying in the same way as usual, contact your YLC if you have seen any poor behaviour that we need to deal with).

- Remember 'email etiquette' (this means the manners we use on email). Please follow these rules when emailing staff in school:

Address the email 'Dear Ms/Mr etc'

Thank the member of staff for their help. Remember your teachers are working from home and juggling lots of difficult things in their own lives at the moment. You could try phrases like 'Thank you for.....' or 'I really appreciate....'

Give plenty of time for your teacher to respond. They may not be able to respond immediately or even on the same day.

Kind regards

Finally, please be hopeful and remember that with time this will end. Things will get back to normal. We are really looking forwards to welcoming you back in as soon as we can.

We send you, and your families, our very best wishes.

**Yours faithfully**

**Ms Conway**

**Ms Belger**

**Ms Pooley**