



DAME ALLAN'S SCHOOLS  
building the future

## Weekly Update

Friday 3 April 2020

### Key information

Although we know that social media and online connections are extremely beneficial for the pupils at this time, we are also aware of the increased risks and we would ask all parents to be vigilant with their child's online activity. The National Crime Agency's CEOP Command has some great [Home activity worksheets](#) for parents and children to learn about online safety.

**PREVENT**

Who's educating your child online while the schools are closed?

Please keep a check on their online activity.

Useful online resources -  
<https://www.internetmatters.org/issues/radicalisation/>  
<https://www.counterterrorism.police.uk/northeast/>  
<https://www.ltai.info/>  
<https://act.campaign.gov.uk/>

**NORTHUMBRIA POLICE**

Please remember, you can still contact our Designated Safeguarding Leads (DSLs) if you have any concerns:

Mrs Fiddaman [EC.Fiddaman@dameallans.co.uk](mailto:EC.Fiddaman@dameallans.co.uk)

Mr Wildsmith [p.wildsmith@dameallans.co.uk](mailto:p.wildsmith@dameallans.co.uk)

Mrs Farren [DM.Farren@dameallans.co.uk](mailto:DM.Farren@dameallans.co.uk)

Mrs Ferguson [pl.ferguson@dameallans.co.uk](mailto:pl.ferguson@dameallans.co.uk)

### Looking after your mental health

[Gov.uk](#) has a really comprehensive guide to looking after your mental health during COVID-19.

Body and Soul Charity provide weekly [MindSET Livestream](#) sessions as part of their 'Share the Love' campaign. These sessions deliver skills to help young people manage emotional distress, which could prove useful over the coming weeks.

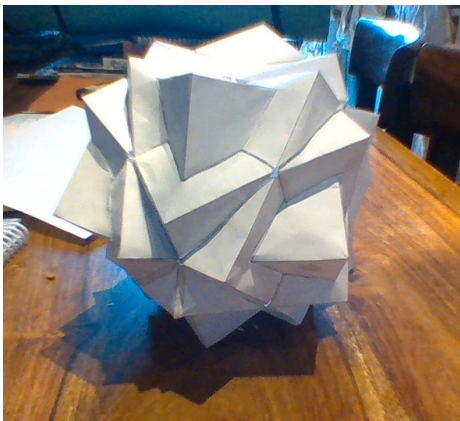
The Young Minds charity is a great resource for children and young people, but also for parents. Their [Parent Helpline](#) is particularly good if you have concerns about your child's emotional wellbeing during this time.

## Dame Allan's @ Home

Thank you for all the photos you've shared with us this week. Take a look at what some of the students have been upto recently:

### DAJS

Andrew (Year 1) has made a minibeast hotel. Cora (also Year 1) has had fun in the garden finding interesting leaves to print with and feeding a pheasant!



### DABS

Take a look at this impressive 3D shape created by one of Mr Terry's Year 8 mathematics students, Ruari!

The students were tasked with choosing and building a design from the [Visual Index Paper Models of Polyhedra](#); once it was built, they then had to calculate the volume and surface area of the final object.

Keep your brain active over the Easter holidays and try it for yourself - we'd love to see photos!



### DAGS

Our thanks to Imogen (Year 9) for sending us this dramatic piece of art she made in her spare time over the past couple of weeks:

"I love the show Killing Eve and so I was inspired by that, but also by the pain of love."

How have you been keeping busy during the lockdown? Let us know!

## Flashback Friday

Further to our link to the [National Theatre at Home](#) programme on our social media this week, here's a great article which outlines all the free musicals and plays streaming at the moment.

All of this has made us nostalgic of our Lower School Musical 'Joseph' and the 'would have been amazing' Year 3-5 Combined Arts performances of 'Annie'. **Junior School parents**, please keep an eye out for a link to the recording of 'Annie'.



## Keep busy during the holidays

Your challenge, should you choose to accept it, is **Spring themed**. Get your thinking caps on, we want to see your best art and decorations, record a video reciting a poem or performing a short dramatic piece, compose a piece of music, write a short story - the sky's the limit, just make it related to **Spring**! We'll showcase some on social media and in our first update after the Easter holidays.

If you're thinking of writing something, why not enter one of these [writing competitions](#) as well. Many are open to students aged 3-18 with various deadlines and themes.

## And finally...

Special thanks to the staff coming into school over the holidays to run a fun holiday camp for the children of key workers.

Senior School pupils: don't forget there will be end of year exams as planned in the second half of the summer term, so remember to fit in some studies as well as lots of fun and time off!

Most importantly, wherever you are, whatever you're doing... enjoy your holidays - you all deserve it after such an eventful term.

**School resumes on Monday 20 April.**

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### Get in touch!

If you would like to send us stories or photos of remote learning, interesting links or useful resources, email us at [news@dameallans.co.uk](mailto:news@dameallans.co.uk)

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