



# Bramcote College

A member of The White Hills Park Trust

12/02/2021

Dear Parents and Carers of Years 7, 8 and 9,

I wanted to write to you at the end of this half term to say thank you for all of the support, hard work and encouragement you have no doubt had to offer during this period of online learning. It has been tremendously hard work for all involved, but together we have made it to this point and will continue to do the very best we can after half term. We're all hopeful that we will soon be able to have our students back at school and for life to start to return to normal.

Thanks to those of you who have sent us feedback about online learning at Bramcote College and to those students who took the time to feedback to us too. We have taken your suggestions and incorporated them into staff training today to give teachers the time to reflect and put into action for online learning after the half term break. I would like to pick up on one strong message from the feedback we have received, which is that if the work is too much or overwhelming your child, please do encourage them to stop and take a break and come back to work when they feel ready, or to email their teachers and ask for help and advice if they're struggling either with specific tasks or workload in general. Keeping up and doing well is important, but so is enjoying learning and making online learning manageable.

While doing well is, of course, important the focus on being well is at the heart of everything we do, so throughout last week our social media focussed on Children's Mental Health Week, encouraging students to express themselves in a creative to share how they are feeling at this unusual time and to show how they are coping. Even when most students are learning online, we are here for them; so, if you or your child have any concerns about how they are coping with the pressures and worries that lockdown can bring then please contact your child's Head of Year.

Louise Bateman for Year 7: [Louise.Bateman@whptrust.org](mailto:Louise.Bateman@whptrust.org)

Rachel I'Anson for Year 8: [Rachel.I'Anson@whptrust.org](mailto:Rachel.I'Anson@whptrust.org)

Dawn Crouch for Year 9: [Dawn.Crouch@whptrust.org](mailto:Dawn.Crouch@whptrust.org)

I have also added a document to this letter which includes a variety of useful support contacts which may offer support if you or your child needs it.

Should you wish to discuss any of these points or raise any other points we will be holding a Parents' Forum on Thursday 25<sup>th</sup> February at 6:30pm. If you would like the zoom link for this meeting, please email [parents@bramcote.college](mailto:parents@bramcote.college).

I would like to close with a quote from Martin Luther King Jr who we featured on our social media in January; "If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl, but by all means, keep moving." We will keep moving in any way we can to ensure that your children will be getting the very best that we can manage and to support our brilliant Bramcote College community. I hope you have a restful half term and that your children have some time away from screens and you and your family stay safe.

Warm regards,

**Heidi Gale**  
**Headteacher**  
**Bramcote College**

# USEFUL CONTACTS FOR SUPPORT

**School** - [Safeguarding@bramcote.college](mailto:Safeguarding@bramcote.college)

**Childline/ NSPCC** – Tel 08001111

**Samaritans** [Tel: 116123](tel:116123)

**Nottinghamshire Multi Agency Safeguarding Hub (MASH)**  
Tel: 03005008090

**Nottingham City Children’s Services** Tel: 01158764800

**Report Online Abuse** <https://www.ceop.police.uk/safety-centre>

**Supporting Mental Health**  
<https://stem4.org.uk/>

**Kooth Online counselling**  
<https://www.kooth.com/index.html>

**Food bank locations**  
<https://www.hope-nottingham.org.uk/wp-content/uploads/2019/09/Citywide-Foodbank-details-A3-Sept-20191.pdf>

## Mental Health Apps that can support you

Calm Harm  
Clear Fear  
Move Mood  
Combined Minds

