

Enhanced Lockdown Pastoral Provision:

Our Pastoral Teams focus on the wellbeing and healthy development of our pupils. We live by the idea that happy children learn and thrive. We also know that our most successful pupils stay busy – in mind and activity – as well as ensuring they have time to switch off and play. Therefore, in this period of lockdown, we want to continue to stimulate and challenge them, whilst also giving them the time to reflect and be creative. Many of our tutor group activities will now be revised to focus on maintaining community spirit, and to encourage reflection and creativity in this way.

Child Mental Health Awareness Week



The whole of the Pastoral Team is focusing on a programme for Child Mental Health Awareness week, which begins on 1 February. The theme this year is Express Yourself. We will run a series of events across the whole school community to build self-esteem and raises awareness of the importance of finding creative ways to share feelings, thoughts, or ideas through things like art, writing, music, dance and doing things that make you feel good. We plan to have a parent evening on wellbeing this half-term to explore support for good mental wellbeing in our community.

Year group specific tutorial activities:

Central to our adapted use of tutor time in lockdown will be finding a balance between what tutors want to share and discuss, alongside the importance of pupil voice over how they would most enjoy spending and sharing the time with each other, and what they want to discuss.

Every Monday we will continue to record a community Chapel service with the Rev sharing his reflections for the week. This will be shown to different year groups on different days by tutors. The Rev will also be putting together some short video message thoughts and reflections across lockdown too that will be made available alongside the weekly video messages from the Head.

The **Lower School** will view the Chapel assembly on a Monday. **1st and 2nd Year** tutorial time will be focused more directly now on wellbeing and community. On Tuesdays and Wednesdays, tutors will introduce a topic for the week e.g. keeping active, mental health, tips for learning online, etc. and will use a wide range of resources to stimulate ideas and discussion, using cameras and allowing the opportunity for social time using break-out rooms. Every Thursday they will host a new weekly lockdown quiz, and on Fridays pupils join in with the live virtual whole school assembly events.

In the **Middle School**, the **3rd Years** have their Chapel viewing on Tuesday, so on Mondays there will be form discussion and then tutors will have one-to-one conversations with tutees. Every Wednesday will be a new 3rd Year Quiz in which forms will compete against each other over this half-term. Thursdays will be creative – looking at photos, cooking, exercise, and drawing, to name a few. Tutors will ask each pupil to follow their hobbies and



upload pictures to their channel on TEAMS. On Friday they will join in with the virtual live whole school assembly events.

In addition, Mr Hooper is making a daily blog that he shares on the 3rd Year TEAMS page highlighting his exercise routines for the day. This is to encourage pupils to use green and blue spaces, and to get away from the computer screen when they can.

The **4th Years** also have a wellbeing focus and follow a similar weekly pattern to the 3rd Years. Examples of the pastoral work planned for this year group across lockdown include a schedule of one-to-one calls from tutors to tutees in order to check in and see how they are. Individuals who may be struggling will then be offered more individualised support. Year Group Assemblies will focus on mental health and wellbeing. Last week's focus was connection and mindset. Future form periods will follow this up in regard to both mental health and wider growth mindset. Form times will consciously be used as an opportunity to connect and share with each other - and have some fun. This has already begun. One form has already started to do this with their favourite music tracks, another sharing photos of them enjoying (sensible!) activities away from the screen, another has been sharing highs and lows of the week, and another has been enjoying a series of quizzes.

Our **5th Years** are following a similar daily programme with Chapel on Wednesdays and whole school assemblies on Fridays. They have a live meeting where tutors talk collectively or encourage one-to-one check ins with their tutees. They are being encouraged to share experiences and top tips too. All tutors were given access to a lockdown survey to share with their groups. The content of this invoked honesty about good and less productive habits and can be used to supportively track how they are feeling. Tutors use a mix of light-hearted registration questions, brain teasers and thoughts on world affairs to keep brains active and thoughts diverse during registration. Examples thus far have ranged from the obscure (Would you rather fight 100 duck sized horses or 1 horse sized duck?) to the intellectual (Should the British Government stand by America irrespective of the actions of its President?) One form group is taking it in turns to do a thought or a "dad joke" for the day, another is aiming for daily "thanks" (whatever they are?), and another has opted for quizzes and origami. Central to this programme is pupil voice and choice over how they would benefit from the time being used.

Mr Picton is monitoring engagement, technical issues and mental wellbeing with the tutor team to inform more specific support for a year group who we recognise have been particularly affected by the uncertainties arising from government announcements over exams - as well as lockdown itself.

The Sixth Form team are also providing the following to our 5th Years - Virtual Subject Breakfasts (a continuation of the subject breakfasts on Teams run by the Subject prefect team), a Sixth Form Diploma workshop, and Sixth Form Advice drop in meetings hosted by Head of Sixth/Deputy Head of Sixth covering topics including help with A Level subject choices and discussion over Sixth Form more generally.

The **Sixth Form** will ensure remote access to all we normally offer pupils in terms of academic enrichment, careers advice, pastoral support and social interaction during this lockdown. A summary of what they have been able to adapt for lockdown delivery, aside from routine tutor time, includes:

Upper Sixth:

- Continued support in preparation for University and next steps
- Making Firm and Insurance decision/UCAS update

- Student Finance workshop – delivered by Exeter University
- Surviving your first week at University workshop
- Fortnightly Head of Year Parent and Student drop ins meetings
- Fortnightly Tutor Parent and Student drop in meetings
- Robust academic tracking and intervention
- Socials: quiz night etc.

Lower Sixth

- Personal statement workshops.
- Introduction to Higher education – delivered by Exeter University
- Exploring Unifrog and using UK/International/Apprenticeship search tools
- Fortnightly Head of Year Parent and Student drop in meetings
- Fortnightly Tutor Parent and Student drop in meetings
- Leadership opportunities through the launch of the new Prefects application process
- Robust academic tracking and intervention
- Socials: quiz night etc.
- Continued ACHE training for those Lower Sixth working towards finishing their certification as peer counsellors

In addition, all **Sixth formers** can access the following remotely:

- Overseas Undergraduate study information evenings, support and guidance
- Business lunches (now called Industry talks)
- Medical Pathways meetings and Wednesday night lectures

Thank You:

Thank you for supporting your children to engage with as much of our adapted or enhanced pastoral programme as they can manage sensibly. Please do share ideas further ideas with tutors as appropriate.

Mrs Ellison (Deputy Head Pastoral)