



Bishop's Hatfield Girls' School

Headteacher: Mr A Wood BA (Oxon), PGCE, MBA, NPQH
Woods Avenue, Hatfield, Herts AL10 8NL T: 01707 275331

Email: admin@bishophatfield.herts.sch.uk Website: www.bishophatfield.herts.sch.uk

BHGS is a company limited by guarantee Company number: 07831507 Charity number: EW01517



5th March 2021

School Return - Wellbeing Plans

Dear Parents/Carers,

At Bishop's Hatfield Girls' School, the wellbeing of our pupils is always our top priority and has been at the forefront of our decision-making whilst planning the transition back to school. As we prepare for the return of all pupils next week we wanted to share with you how we plan to support pupil wellbeing as they transition back to being in school. The plans have been developed using the latest advice and guidance as well as the pupils' responses to the recent wellbeing survey.

The pupil wellbeing survey shows that the majority of pupils are looking forward to returning to school and that they feel they have worked very hard during online learning. One of the key messages from the survey was that pupils felt they would need time to settle into their routines and therefore pupils in Years 7-11 will not be given any homework until after the Easter holidays. Sixth Form students will be set additional work to complete as they have study periods in which to do this. Pupils also reported worries about the covid testing procedures in school so we have prepared an assembly for Monday morning with photographs and videos which will hopefully help the girls to understand the process and ease any anxieties regarding testing.

During the first week back in school, pupils will have extended Form Time each morning. During this time, their Form Tutor will take them through a programme of activities encouraging them to reconnect with one another, reflect on and begin to recover from this period of lockdown. The programme includes individual tasks, as well as group work and whole class discussions to encourage pupils to talk about the period of lockdown and begin to look forward and think positively about the return to school and the challenges ahead. Pupils will also be reminded about who they can speak to if they have any worries or concerns in school and the different ways they can approach staff if they need to. There will be plenty of opportunity for pupils to ask any questions they may have or raise any concerns and we hope that this soft start to the day will help to prepare them for the day. Form Tutors and Heads of Year will work with pupils to manage their day-to-day concerns and will continue to monitor their wellbeing in school.

"This is an OUTSTANDING school" - Ofsted 2016



If you are worried about your child's wellbeing and would like to enquire about School Counselling please contact your child's Head of Year. Students who are curious about counselling and would like to meet Natalie are welcome to attend the Drop-In sessions during break and lunchtimes on Tuesdays and Thursdays. All students can self-refer by speaking with their Form Tutor, Head of Year or Natalie. For more information on the School Counselling Service, please see the school website. Please note that there is often a waiting list for this service. In addition or in the interim, please see below a selection of free wellbeing and mental health resources that you might feel appropriate to explore with your child:

Wellbeing and Mental Health resources		
Kooth	Free, safe and anonymous online wellbeing and mental health support for young people aged between 10 and 25 years old.	Kooth
YoungMinds Crisis Messenger	A text line for young people experiencing a mental health crisis. Text the YoungMinds Crisis Messenger for free, 24/7 support.	Text number 85258 YoungMinds Crisis Messenger
Chat Health	A confidential text messaging service for young people aged 11-19 to contact their local public health nursing (school nursing) team. You will get a reply within 24 hours from an NHS School Nurse between 9:00am and 5:00pm, Monday to Friday (except bank holidays).	Text number 07480 636 050 About ChatHealth
Childline	Free advice and guidance for children and young people online, on the phone, anytime.	0800 1111 Childline
Samaritans	Free telephone service for adults in need of someone to talk to 24 hours a day, 365 days a year.	116 123 Samaritans
YoungMinds Parents' Helpline	The Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Call for free Mon-Fri from 9.30am to 4pm.	0808 802 5544 Parents Helpline - YoungMinds
Wellbeing Service	Self-referral service for people aged 18 and above in Hertfordshire who are concerned about their mental health.	Hertfordshire Wellbeing Service
Think Ninja	An app designed to educate you about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. Think Ninja is built	Think Ninja is free to download for all young people and can be downloaded via the Apple App Store or Google Play Store

	on CBT principles, which work to help you notice and change problematic thinking styles or behaviour patterns so we can feel better.	
--	--------------------------------------------------------------------------------------------------------------------------------------	--

If your child is experiencing worry or anxiety about returning to school you may also wish to explore this handy resource for parents/carers produced by the School Nursing team [Transitioning back to school after lockdown](#).

We would also like to take this opportunity to recognise your efforts in supporting and maintaining your child's wellbeing during this period of home learning and throughout such difficult times.

Yours sincerely,

Mrs M Jackson
Assistant Headteacher

Miss N Laidler
School Counsellor

Miss S Lawrence
Mental Health Lead