



Communication is a priority for us once again this year, we will communicate to parents and carers using **School Ping**. In addition, we use **Twitter and Instagram** to share what's going on within the Academy daily. Please make sure you are following us **@Darlinghurstsch** on Twitter and **@DarlinghurstAcademy** on Instagram

Message from the Principal

Dear parents/carers,

This week we have been continuing careful considerations towards potential reopening of Darlinghurst, in line with the Government's decision. We are following scientific advice and DfE guidance to plan and prepare safe implementation, should steps go ahead. As per my email correspondence (with parents with children in Nursery, Reception, year one and year six) our earliest consideration for a re-opening is June 8th and yet to be confirmed. We will continue to support the children of key workers, providing daily care.

I would like to thank you for your support during this time as I know this has been a difficult for all families and we have had to adapt to change. It isn't easy. Having said that, it is wonderful to receive positive communications with parents/carers and children and feel that sense of belonging, weeks into this situation. I know that you will have many questions and I will share with you further details of how we will be moving forward and what life at school will look like and how remote learning will continue for some of our children. Your children are at the centre of all that we do.

With communication in mind, we also wanted to make sure that we were able to share news on your child's progress and achievements, prior to closure. The teachers continue to celebrate their achievements remotely and through postcards and DB Primary awards. However, we recognise the value of a school report and wanted to make sure that you still received this update on your child. The teachers have compiled a report using information prior to March and school closure, to share their attainment at this point and next steps. They have also produced a general comment to reflect your child's learning whilst in school. This report will be sent via school Ping. As always, we welcome your feedback and there is guidance on how this can be completed, within the message. I would like to take this opportunity to say that I am proud of our children and watch them grow in so many ways; in their personal growth, their character and achievements (academic and non-academic). Over these past weeks, they continue to grow, developing a wealth of skills. Please tell your children, a huge well done from me.

Over the forthcoming weeks we have some nice curriculum opportunities for children to engage in. Take a look below.

Outdoor Classroom Day is on 21st May. Outdoor Classroom Day is a global movement to inspire and celebrate outdoor play and learning, at home and at school. On Outdoor Classroom Day itself, which has two dates each year, teachers usually organise a special day outdoors for their class but that doesn't mean you can't join in at home!

As the coronavirus crisis continues, children around the world are spending more time indoors and in front of screens. Our community of teachers and parents are concerned about the impact this is having on children's wellbeing. Connecting to nature can restore our sense of wellbeing. For children, this connection is best made through play – whether outdoors in nature or indoors with natural elements.

Next week is Mental Health Awareness Week and the theme is 'kindness'. One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community,





support and hope. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

After the half term, we will be focusing on the strand 'speaking and listening'. The purpose of this strand is to develop the essential skills that pupils need in order to communicate clearly and develop their thoughts by speaking and listening actively in a variety of situations for different purposes. Research links language development and thinking. We believe that it is through developing a common language and vocabulary that pupils and adults are enabled to have meaningful conversations about learning.



Speaking and listening is so important and in support of #BritainGetTalking 2020 campaign as it encourages people to connect – and we have never needed to connect more. We are apart but we are not alone.

Home Learning

Every week, our specialist teachers have been setting tasks for your children to complete. There has been an overwhelming response to the Olympic Challenges set by Mr Felton, Mr Blewitt and Miss Morris. The competitiveness between houses has really been hotting up as each child who enters scores points based on participation and creativity. Mrs Buckley has been setting Art challenges and quizzes such as making pizzas and has received some beautiful art work. Miss Arnold has set each year group outdoor learning tasks ranging from cooking to creating bug hotels. It has been lovely to see the children's contributions.

Stay safe

Mrs Nicholls

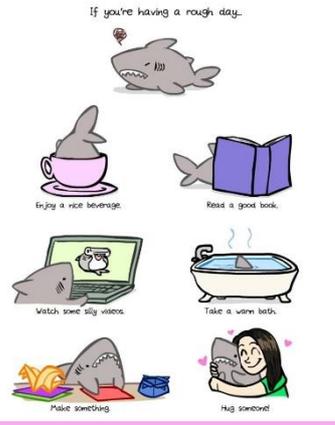
What have you missed out on **Twitter and Instagram** this week?



Next week is Mental Health Awareness Week (18-24 May). This year, with the country in lockdown as a result of the pandemic, many of us have been left without the things we value for our own mental wellbeing. For those with existing mental health problems, the feeling of isolation may never have been more overwhelming than it is now.

We have recently sent out a lot of information and support strategies for supporting the emotional wellbeing and mental health of the whole family and this is available on our website. Here is a quick reminder of some of the things that you can do



Believe in yourself	Your emotions	Recovery
<p>Try to love yourself - you're pretty awesome!</p> 	<p>You're allowed to feel terrified, anxious, lonely, depressed, confused. That's ok. You don't have to hide it.</p>	<p>Understand that recovery is a process and the end goal will be different for everyone - and it's ok to not know exactly what recovery will look like for you.</p>
<p>I know you're doing the best you can and that is enough. I believe in you.</p>	<p>Don't worry about controlling your emotions, control your actions instead.</p> 	<p>Utilise all the support around you - for an effective recovery with a mental health condition it has to be holistic - involve your family where possible, make sure you find stability with work and academia too and don't forget to take care of your physical health as well as your mental health.</p>
<p>Celebrate your failures, they are part of your success.</p>	<p>Whatever life throws at you, just keep going and don't give up.</p>  <p>Nobody out there should feel bad for feeling ill.</p>	<p>Everyone's different - just because therapy works for someone doesn't mean it will work for you - just because medication works for someone doesn't mean it will work for you - when in recovery only think about yourself don't compare yourself to others and be open to trying everything.</p>
<p>Be yourself, because that's all that matters.</p> 	<p>It's only embarrassing if you're embarrassed.</p>	<p>Self-care is not selfish!</p> <p>If you're having a rough day...</p>  <ul style="list-style-type: none"> Enjoy a nice beverage Read a good book Watch some silly videos Take a warm bath Make something Hug someone!
<p>Whatever life throws at you, just keep going and don't give up.</p>	<p>You can always go back to your comfort zone.</p>	<p>Your lowest points are your turning points.</p> 
<p>You've been achieving things for years, and that's not going to end.</p>	<p>It's ok to quit something if it's not making you happy anymore.</p>	
<p>Be kind to yourself and to others</p> 	