



Newfield School
Lees Hall Road
Sheffield
S8 9JP

0114 255 7331 📞
enquiries@newfield.sheffield.sch.uk ✉️
www.newfield.sheffield.sch.uk 🌐

Headteacher: Mrs Emma Anderson
Chair of Governors: Mr Steve Chew

Our ref: CP/LD/RCY

29 January 2021

Dear Parents/Carers

It is a pleasure to write to you with some comforting words when at times you may be feeling overwhelmed. At the time of writing this letter with a background of working in education for over 20 years we understand how tough this last year has been. When we think back to March last year and watching the daily government briefings we never expected to be in the same position a year on. We never imagined that as our wonderful nation was told to stay at home we would become teachers from behind a screen.

We know the pressures our community have faced. However, we are so proud that our families have become home educators and have risen to this challenge. We want to take this opportunity to congratulate our families for balancing being a parent, a friend, and a teacher whilst continuing with daily lock down life. Whilst we know this may not always be perfect, with tantrums over the Wi-Fi use, arguments about daily exercise in the rain and the persuasion needed to complete remote learning being common place, as a school we want to thank you and say well done for your patience and perseverance.

As a collective staff body we are here to support the well-being and mental health of all our brilliant students. We understand that being 'locked down' in January with little social interaction and dark winter nights is acutely felt at a time when as the nation many are grappling with their mental health. We hope this letter reminds you that we are a community and you are not alone.

...\Continued



Below are a range of strategies that may help to support yourself and your family at this time;

1. Give yourself a daily schedule
2. Stay in touch with people via social media, phone calls and emails
3. Avoid too much screen time
4. Eat a balanced diet
5. Keep active (those daily walks really do help!)
6. Stay informed but give yourself space from the news
7. Be considerate of others
8. Engage with school every day and follow your normal timetable
9. Get in touch with your teachers and remember we are always here and happy to help
10. If you need to talk you can email itsgoodtotalk@newfield.sheffield.sch.uk

There are also a number of websites listed below which you may find useful;

<http://youth.anxietybc.com/mindfulness-exercises>

<https://www.headspace.com/>

<https://youngminds.org.uk/>

<https://anivda.com/self-esteem-activities-for-teens/>

<https://leftbrainbuddha.com/mindfulness-for-teens/>

Our strong value of community will see us through and although, we may be 'closed' to lots of our students we are still here for all of our families. If you need support, a chat, a virtual cup of tea, or even a cry – we are here.

Yours faithfully



Miss L Demir
Assistant Headteacher



Mr C Power
Assistant Headteacher