



Stay Safe Reminders

- If you have a new cough or high temperature or a loss of, or change in, normal sense of taste or smell you should not be in school – tell an adult straight away
- **Be responsible and considerate – stay 2m away from other people at all times.**
- Wash your hands regularly for 20 seconds – have you used the sanitiser on your way into the room?
- **Have you got a tissue? Use it if you cough or sneeze and bin it. Take another one.**
- Arrive at school at the time you are asked to (not early and wait around) and leave straight away when you finish. Do not congregate around the gates.
- **Bring your own paper and pen.**
- If there is a fire alarm go sensibly to the area between A block and the back of Goodsell Gym – line up in your current class 2m apart.
- **REMEMBER – YOUR BEHAVIOUR IS YOUR RESPONSIBILITY. BE RESPONSIBLE AND CONSIDERATE TOWARDS EVERYONE AROUND YOU.**



Stay Safe

Be responsible

Think of others



Mental Health Support



Welcome back!!!

- We all know that last few months of lockdown have been really tough and may have caused anxiety and worry.
- Your usual patterns of sleeping, eating, learning and socialising may have been affected by the isolation and restrictions we have had to face.
- We want to let you know that if you feel like you need support with your mental health, we are here to help!
- You may have concerns over your studies, your health or social issues, and we can offer emotional support and advice.



Who can you talk to?

- If you or your parents/carers have a concern about your mental health or you need emotional support, you can email us at: wellbeingsupport@aldrigehschool.org
- This is a direct link to our school Counsellor, Mrs Swash, who is on hand to offer help and support where it is needed.
- You could also contact any member of staff that you feel comfortable speaking to. That may be your Teacher, Head of House or TA, or anyone else you trust, and they will know where to direct you.
- If you do want to get in touch by email, please make sure you use your **School Account** if possible.
- Kooth.com provide online counselling for young people. You may prefer this if you don't feel comfortable with face to face support.
- We understand that you may need help to process how this terrible virus has affected so many people's lives. Please do not hesitate to let us know if you need any help or support.