

## Parent Bulletin

8 January 2021

Welcome to this week's parent bulletin. As we enter another period of remote teaching and learning we return to the lockdown format of the bulletin, but don't worry, it still contains an essential summary of this week's school news.

### Remote Lessons and Learning



Lockdown lessons started again this week and Birkdale pupils performed brilliantly in this all too familiar format. From farcical facial expressions in drama to musical performances on glasses of water and demanding physical challenges in PE, everyone has worked hard to get the most out of their learning. Thank you for displaying such a positive attitude this week, let's keep it up and make the most of this half-term.

### Weekly Wellbeing – Turn adversity into opportunity

Looking after our mental health is hugely important during lockdown. Young Minds define mental health in young people as:

“The strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges, and to make the most of our abilities and opportunities”.

Taking on a new project during lockdown can be an effective way to boost self-esteem and foster a sense of purpose. This could be improving at cooking or learning a new language, whatever you choose, make sure it's something fun!

### Testing times

Whilst our plans for COVID testing all pupils have had to be postponed, we still intend to test those critical worker children who attend school during the lockdown period. We will provide further details of this process to the relevant families very soon.

It has been a particularly challenging week for our S5 and U6 pupils on hearing their GCSE and A Level exams have been cancelled. We are working hard to support them at this time and are putting in place an alternative model of on-going assessment. Further details have been communicated to S5 and U6 pupils and parents.

### Table-topping Tom

Congratulations to S4 pupil Tom who has excelled in swimming over the Christmas holiday. He is now ranked no. 1 in the UK in four separate disciplines. This is particularly impressive as swimmers normally specialise in just one event; well done Tom, a fantastic achievement!