

Vision: To inspire students to become **confident, ethical and compelling** individuals with the aspiration and qualities to shape a **better future for all**.

Values: Respect, Responsibility, Curiosity and Resilience

Dear Parents/Carers,

25 January 2021



John Whitehead | Headteacher

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Hope you are well and keeping safe. I would like to thank you all for the support you have given to the school in ensuring that your children continue to learn successfully through these challenging times. We have been so impressed by your determination to do the best for your children. As it seems possible that the current lockdown will continue for some time, I thought I would share some of the top tips from Young Minds, the mental health charity.

1. **Plan the day**

This helps young people prepare for the day and know what to expect. Identify in advance when you will be able to support. Just talking things through can often help. There is no need for specialist knowledge. Simply asking questions and working alongside a young person can make a great difference. Identify time for breaks, lunch and rewards so that motivation remains high. Establishing a consistent routine from day-to-day will go a long way towards making your child feel safe and secure. This should include regular times for going to bed and waking up, as well as regular snack times and for pursuing hobbies and interests. Help your children break their work into small steps so that they don't feel overwhelmed. Make sure they get fresh air and exercise.

2. **Step away occasionally**

Perseverance is a great quality and all successful students show it. However, patience and flexibility on your part will make a difference when your child becomes frustrated. It might be best for you to encourage your child to move onto another task or to step away from a task for a time. This can reduce pressure on your child and yourself.

4. **Personalise the task**

If your child is struggling with a task, try to adapt the task in a way that would re-engage your child. This might involve providing an example of how this task might be relevant to the real world OR it might include relating it to a topic or skill you know that your child cares about.

5. **Rewards**

Motivation is the absolute key to successful home learning. Praising students for completing a task and noticing where they have taken time and care over a piece of work can make a great difference the mental health of young people. Offering young people a reward at the end of a challenging day can make a lot of difference. Reassuring young people that what matters is the time and effort they put into a piece of work and that improvements may be slow to begin with will offer important reassurance.

If you would like more information and guidance about remote education, please visit gov.uk/coronavirus OR consult the accompanying attachments.

Please feel free to contact me at john.whitehead@foresthgh.org.uk if you have any questions.

Yours faithfully,

John Whitehead
Headteacher,

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