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Wednesday 10th October 2018

Dear Parents/ Carers,

RE: Year 7 Wellbeing

Year 7 have made an excellent start to their career at TBSHS. I am very pleased that they have begun to take up the opportunities presented to them such as the vast range of extra-curricular clubs, sports training, PPE involvement and the very successful RS trip to Wimbledon. Today we have run a non-uniform day to raise money in support of World Mental Health Day. With this in mind, I am writing to advise you on how you can best support your son as we progress through the term.

Unusually, this first half term is 8 weeks long, with the half term break taking place one week later than in previous years. Although this means a shorter run to Christmas after the half term break, we acknowledge that students and staff will find this first half term particularly draining.

In school, we are doing the following to support Year 7 wellbeing:

- **PSHE** sessions once per week, focused on transition and learning skills.
- 30 minute **mindfulness** sessions once per week, focused on breathing techniques and relaxation.
- Assemblies and AM registration focused on **core TBSHS learning habits**.
- Encouraging all Year 7 students to take part in at least **2 extra-curricular clubs per week**. This enables new friendships to form and offers the opportunity to take a break from lessons in a more relaxed format.
- Tutors **meet with tutees** on a rota basis to discuss transition, school experience and involvement.
- Daily **monitoring** of tutees during AM and PM registration with their form tutor.
- Weekly monitoring of **house points** (achievements) and **behaviour points**.

At home, we ask parents to do the following to support their son:

- **Ensure your son has a healthy breakfast, provision for lunch and a healthy dinner.** Avoid high sugar, high fat foods and caffeinated drinks.
- **Routine bedtimes.** 11 year olds should have a **minimum of 9 hours 30 minutes sleep per night** (advised by the NHS and Millpond Children's Sleep Clinic). Avoid allowing your son to use any screens 1 hour before bedtime to promote sleep. Encourage him to read a physical book for 30 minutes before lights are out. Mobile phones should never be used in bed or charged overnight in bedrooms. Avoid 'lie-ins' at weekends (mimics jet-lag).



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- **We advise mobile phone usage should be monitored by the parent.** Ensure you can unlock your son's phone, check his sent/ received messages, monitor any social media usage (he should not be using any at 11 years of age), and closely monitor online video watching. Parental controls can be set up via your phone network.
- **Monitor your son's use of the internet.** Look through his browsing history to see what he has been looking at and ensure parental controls are in place. Avoid him using the internet in his bedroom or place where you cannot monitor it as closely.
- **Provide a quiet place for focused study downstairs.** When students study from home or complete homework, they should not have their mobile phone with them. They do not need it, it only serves to distract them. It is helpful for homework to be completed downstairs and not in the bedroom.
- **Check your son's homework: proof reading is important.** We expect all students to complete homework as set by teachers in lessons and with the assistance of ShowMyHomework. It must be handed in on time or students will be issued with an afterschool detention. This is non-negotiable. All students must proof read their work in a different coloured pen. Please check your son has completed all tasks set and proof-read his work thoroughly.
- **Read with your son on a weekly basis.** Although your son is at secondary school, it is still really helpful for parents to read with their son each night. This enables you to question his understanding and comprehension of what he is reading, spend time together in a relaxed environment and support him in his literacy development.
- **Help your son in being organised.** As students get tired they often become less organised and more forgetful. When he packs his bag in the evening, help him check he has everything he needs. Before he leaves for school in the morning, please ensure he conducts one more bag check. Although he is responsible for this, we realise he will need some assistance from parents in this first term.
An organisation checklist can be downloaded from the Year 7 pastoral page of the school website.
- **Check your son's pencil case is re-stocked.** By this point in the term he may have run out of key pieces of equipment. He needs to be fully prepared to access all aspects of his learning.

We know, from experience, that if good routines are established and maintained at home with full parental engagement, then students tend to be most successful in school. Further information about some of the matters raised in this letter can be found on the Year 7 pastoral page on the school website, along with the PowerPoint from 'Meet the Tutor' evening. Should you have any concerns about your son please contact his form tutor in the first instance:

Chantry – Mr Elliott Kelsall
 Dane – Miss Phoebe Hopping
 Meads – Mr Ian Murphy
 Rhodes – Mrs Hayley Cornwell
 Twyford – Mr Daniel Szucs
 Waytemore – Mr Glyn Reynolds

To email an enquiry, please send messages to office@tbshs.org and mark 'For the Attention of' the relevant person or department.

Yours faithfully,



Miss E. Torry
 Head of Year 7