

A Remote Message from the Principal: Number 2

27th March 2020

Dear all,

I hope everyone is keeping as well as can be expected in these circumstances. I have to say, I am extremely grateful that the weather is at least being kind to us after all those months of rain.

Whilst it has only been a week since schools closed, I am sure for many of you it has felt a lot longer. I have been in touch with all of the wonderful CFS staff every day, and the community and united spirit continues to overwhelm me.

I don't know about you, but I am still not settled yet, and finding routine a challenge. I have a new found respect for people who work from home and for themselves. What I have quickly realised is, it really is normal to be feeling on edge at the moment. To have days where you really wobble and feel sad for what we are currently without. But also to have moments where you are enjoying the new things that this situation brings, but then maybe feeling guilty a few minutes after for feeling that way. I have certainly been through a rollercoaster of emotions over the last week, especially worrying about how to keep the whole school community safe and united in this situation, as well as internal dilemmas about the best approach to remote learning, whilst also starting to really miss the simple things like seeing my family, friends and even going to the cinema. I am not saying this to you to be negative, but to reassure all of you that what we are feeling at the moment is totally expected. I nearly said 'normal' then, but I don't think anything is normal about this situation!

What I have tried to do, therefore, is focus on some of the positives this situation has brought me, my 'happy list' - and tried to banish any guilt for doing so. Here are just a couple of things from it, small but important things:

- I am doing a lot more exercise than usual, a daily walk (*safely and in my quota*) and time on the exercise bike. Things I try to do during normal term time, but always fail on!
- I am speaking with my family more than ever, however remotely.
- I have a wonderful CFS community around me – staff, pupils and parents, and have loved receiving your home learning updates (more on that below).
- My husband surprised me with a Disney plus subscription! I have already watched Walle, the new Aladdin, the new Beauty and the Beast, and Homeward Bound (what a classic!)

I don't say any of this to make anyone feel bad if you are struggling to feel at all positive at the moment. They are just examples, and tiny things really; but I am sure that if you all made time to make your own list, you could. **Try and do that for yourselves this weekend.** Yours will, I'm sure, be extremely different. Getting to spend more time with your own children will no doubt appear on your 'happy list,' but I know that this will also be appearing on your worry list too as you try to juggle everything, and this is only natural. I can only begin to imagine the pressures some of you are under with trying to conduct remote learning at home; please remember the correspondence I have sent to all CFS parents, over the last few days, and the revised home learning plan attached. I firmly believe that we can and will get through this and, in all likelihood, with a renewed sense of what is important to us and what our priorities are.

I promise I am not setting you anymore homework , but here are three links that people have sent to me over the past few days which you may wish to explore. The first from a treasured CFS parent, friend and former colleague: <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

The second from our Secondary Pastoral Manager, Ms Ede, for all of you who could do with a little extra support: From [Mind@work](#): In this issue we share our [advice and information](#) on how you can adjust to the changing situation and look after yourself while you work from home. You can also [read tips on how you can support your staff](#) who are working remotely and [information on staying physically active](#) at home.

And finally, from Head of Year Mr Elliman, this page has been created to support parents during COVID-19 and the closure of schools. Each fortnight, they will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will spending more time online at home: <https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets>

With very best wishes

Louise New

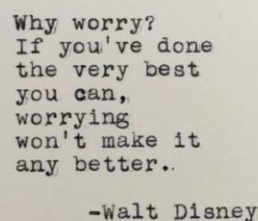
Principal

A message to the pupils – please read this out to your children

Hello! How are you? So, you have survived the first week out of school, but whilst still learning and doing your work. I hope you are all ok, but I also hope you are being kind to both your parents and your brothers and sisters. I have heard about some of the fantastic things some of you have been doing for your remote learning at home, and am going to share some of these below. Please do keep sending these to me. However, I have also heard about how stressed and worried some of you have been, trying to get your work done. All I can ask is that you try your best. Remember, we are setting lots of work so that no one gets bored, but if you can't do it all we completely understand. We are also making plans for your return to help you get to grips with all of the things you are currently doing without us, and I promise that a teacher will still go through it all with you at some point as well. We just want you to keep your brains active, and to do as much as you can. Plus, for the older pupils, when you are working I am sure it is giving your parents a little bit of much needed quiet time!

But make sure you have a break this weekend, and enjoy the sunshine as much as you can, whilst staying safe. If you can, make sure you write your own 'happy list'. I would love to see some of these.

Mrs Young sent me a quotation from Walt Disney today, which I think sums things up nicely:



Why worry?
If you've done
the very best
you can,
worrying
won't make it
any better..

-Walt Disney

Have a great weekend and a calm and safe week 2!

Celebrating Remote Learning

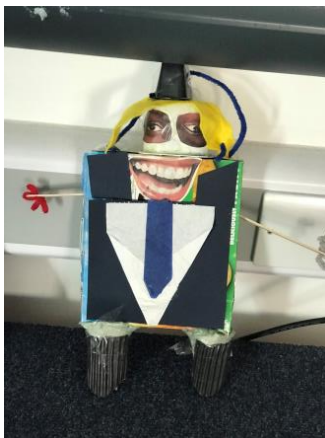
I wanted to take this opportunity to share with all of you (parents and pupils) some of the wonderful learning that has been taking place across both primary and secondary. Apologies that I am unable to share all of the examples I have been sent by you.

Firstly, the picture on the email - 'I love CFS' - comes from a primary family who took a break from formal remote learning, and this was the result!

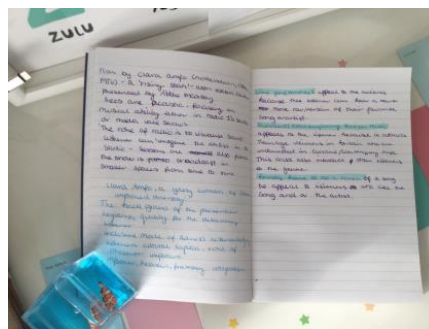
Below, those in our childcare provision sending a message to everyone who drives down the Hunston Road - 'Keep on Smiling!'



Primary Craft Project



GCSE Media Studies work



Year 7 French work

