

HBK Update, Wednesday 3 February 2021

Dear Parents and Carers

If your child is finding lockdown tough...

We know from the recent Remote Learning survey that at least some of our students are finding lockdown tough. In fact, things have been tough since we first locked down last March and whilst we were open in the Autumn term, it was far from being schooling as normal. Things **ARE** tough, and it is absolutely okay to find them so. The best we can all do in tough times is our best. So, if your child is anxious, please reassure them that it is quite understandable, and indeed reasonable, to feel anxious. Reassure them, too, that we are all in this together – young people up and down the country and, indeed, across the world, are in a similar situation; we all are. And with the vaccinations roll-out, we can see a better future ahead of us.

For now, the best advice for our students is that they continue to do their school-work as best they can – engage with their lessons, do their homework and, where they can, go over their key learning points; it is that daily going-over of key knowledge that makes learning stick and because most people nationally and internationally tend not to do it, those that do can gain an advantage. We want that advantage for all HBK students!

Please encourage your child to contact their teachers, form tutor or other appropriate staff if they need anything; we are here to help.

We know it is tough for parents and carers, too, at this time; thank you for helping your child with their work where you are able to and for encouraging and reassuring them.

Digital Detox Day at HBK! - from Ms Nightingale, Vice-Principal

In response to comments made by students and parents, and in recognition that students are spending up to 5 hours a day on their screen, we will be running a **digital detox day on Wednesday 10th February 2021**. We would encourage students to get away from their computer screens and instead take up a number of challenges which will help with their mental health as well as giving their eyes a rest. As such there will be no live lessons next Wednesday. Instead students will receive a challenge sheet. There are a variety of easy to difficult challenges, all of which will earn them points. The plan is that students complete enough challenges to get them 100 points or more. For some they will need to record their efforts, which may include taking before and after photos or videoing a dance, for others it is just for fun! More information will follow on Monday 8th – so watch this space and remember, we are HBK!

Free School Meal Vouchers - from Ms Nightingale, Vice-Principal

We have swapped back to using Edenred as our voucher provider for those of you on free school meals. This week's vouchers were sent to email addresses on Monday (1st February). They will be sent using the same email addresses next week. If there are any issues and you have not received your FSM voucher for this week please contact us on: Covid-19@hinchbk.cambs.sch.uk

Outdoor seating update

Very many thanks, again, for the donations for outdoor seating. Yesterday, Mr Cooke and I saw a 'mock-up' of a bench that the school's site team had put together from recently-ordered materials; it consists of a base of several concrete blocks and long composite-material tops that would be bolted to the blocks. We think we may have enough money to order the materials to create between 25 and 30 new benches that will be placed outside around the school over the next few months. Really good news!

Take care.

We are HBK.

Mark Patterson

Principal