



# Academy Newsletter



## Last week of term...

This week we completed all of the transition meetings. Children were successfully able to say goodbye to their current teacher and meet their new teacher. By now, all pupils will be in receipt of their end of year report and know who their new class teacher is. We are saddened that we cannot give the Year 6 the goodbye we would have liked, however we wish them the very best for the future.

## New Academy Uniform

Academy Uniform is still available to purchase online. Please order earlier rather than later as stock will have to be ordered, and the wait time before the pandemic was 2-3 weeks. Once your child's order arrives at the Academy you will be contacted and we will arrange a safe collection time and date for you.

## Forever Homes for our Snails

Thank you to all those that have offered our snails both Summer Homes and Forever Homes. We still have one snail looking for a forever home from September. Please contact the Academy Office if you are interested.



## Summer Strengths Workout

As a different kind of summer beckons, we have attached a Summer Strengths Workout. It is packed full of fun, easily accessible resilience, empathy, kindness and creativity building activities to support student well-being over the summer. We hope your children are able to give some of the activities a go.

**Please see the links below from Bromley advisory teams, which you may find useful.**

**Children and Adolescent Health Services (CAMHS)** Crisis Line out of hours service, open to all children and young people across in south London, will be operating until 11pm weekdays and weekends.

### **Bromley Assistance Helpline**

Request help from Bromley community volunteers for support with tasks such as shopping, collecting prescriptions, befriending or dog walking:

<https://www.bromley.gov.uk/requestforassistanceform>

**Mindful Garden** teaches valuable techniques to help children de-stress and unwind. There are three daily activities to complete, each one addressing a different aspect of mindfulness, whether it's playing hide and seek with the CBeebies bugs or helping some friendly fish to pick up colourful scales

<https://www.bbc.co.uk/cbeebies/grownups/go-explore-app-your-mindful-garden>

**The Bromley Well Young Carers** App is available for all Bromley Well young carers!

The App is FREE and is available for download from the App Store for IOS and Google Play Store for Android.

For more information or to sign up you can email : [matthew.vollar@bromleywell.org.uk](mailto:matthew.vollar@bromleywell.org.uk)

Staffed by trained CAMHS Crisis Practitioners, the telephone line provides out of hours support and interventions, aiming to de-escalate crises, reduce A&E attendances and potentially reduce admissions and re-admissions to hospital.

If Children and Young People or their families/carers are concerned about their deteriorating mental health and would benefit from crisis support or would like advice and counselling, you can call 0203 228 5980 during these hours.

### **Bromley Well during COVID-19**

Bromley Well is continuing to offer mental wellbeing support during the coronavirus pandemic in the following ways:

- Facebook: follow Bromley Well on Facebook for regular advice and information.
- Peer Support Group: the Facebook peer support group offers a safe, private space to talk to likeminded people and participate in wellbeing Q&A sessions.
- Webchat service: anyone who is struggling to use telephone help services, or just wants someone to listen, can text the word "HELPAHOME" to 07718 403574 and a member of the team will get in touch.

Call Bromley Well on 0300 330 9039 / email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk) or [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk) to register and find out more about any of the above services.

### **The Bromley Children Project** - Hotline

If you have a parenting issue you would like to get some advice on, or even just reassurance that what you are doing is appropriate, please ring the Hotline number below. You will be asked some basic details and then someone will call you back for a chat. If your call is not answered straight away, please leave a message, with contact details, and one of the team will call you back.

Hotline number is: 0208 461 7259

### **Information to Support Well-being**

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>



## End of Year Reminders

### Do you owe money for lunches or Stars?

Please pay all outstanding debts before the holiday begins. Failure to pay will result in your child not being able to have a school lunch or attend Stars next year.

You can get financial help by:-

- Completing a Free School Meal application
- Asking your employer for Childcare vouchers

Ask the Academy Office or Mr Partington for assistance.



### Medication

If you have not already collected your Medication from the Academy office please contact the Academy to make an appointment for when you can come. All medication needs to be collected by Friday 17<sup>th</sup> July 2020.

## Holiday Requests

As you are aware taking children on holiday is unauthorised, therefore any requests for holidays will be submitted to the Governors and the Local Authority and may be subject to a penalty. However, in order for us to maintain a high level of safeguarding if you have booked to go away on holiday it is essential that you notify the Academy Office.

*Please note that it will take the Academy at least 2 weeks to process your request, when submitting your form.*

10/07/2020



# Goodbye Year 6