



MENTAL HEALTH Bulletin

Hello everyone,

24th May 2021

Covid Lockdown Restrictions Lifting

Well, we are rapidly approaching the Whitson half term holiday. The time is going so fast. It hardly seems five minutes since we were making the tentative steps back into the Academy building following the long lockdown after Christmas. Easter seems such a long time ago. Since then, we have introduced all the LFT testing for staff and students, year 11 students have spent 8 weeks gathering evidence for their GCSE grades, and recently the ruling has changed so that students no longer need to wear face masks in the Academy. Gradually, the country is easing out of the Covid lockdown restrictions and some sense of normality is returning. Being able to hug family and go out for a meal together is so nice after a year of not being able to do so. One good thing to come out of the Covid experience for all of us is to appreciate each other more and value the time spent with family and friends. This was a valuable lesson we have all learnt.

However, I am aware that this may be an anxious time for some of you. Some of you have experienced the effects of Covid either yourselves, or through friends and family. Some of you may have been shielding. And sadly, there may be some of you who have also lost relatives and friends to the pandemic. Not having to wear masks and being able to meet up with friends, although welcomed, may be a bit scary for some of you and we must all take this into consideration as we live our lives day to day moving forward. If you still feel that you would prefer to wear your face mask around the building, then that is perfectly ok to do so. If you do feel anxious or scared by the changes, please make sure that you speak to someone. I am in the Wellbeing Zone on Tuesdays and Thursday, so come and see me and we can have a chat over a cup of squash and a biscuit.

Wellbeing Zone

There has been a gradual uptake in the number of students coming into the Wellbeing Zone at lunchtimes. Some have just come in to enjoy the quiet space offered by the LRC. A few have been to see me to talk about how they are feeling, and I have also worked closely with the PSMs who often refer students to me. The zone is open to all and you do not need a referral to join. Please feel free to pop in and see what its like. There are always friendly faces around and some of the Mental Health Ambassadors and Peer Mentors drop in during their lunch times and are around for you to talk to.

Year 11 Students

This Friday will see the end of the formal subject teaching for our year 11 students. It has been a hard few weeks gathering evidence for each of your subjects. It has been a very difficult year for all of you with lockdowns and self-isolating. You have shown such resilience and adaptability to the many changes this year and have coped amazingly with the uncertainty about exams and gradings. So well done to all of you. Finishing school can feel a bit scary, leaving friends, teachers and the daily routines you have become comfortable with. I know some of you will still be coming into school over the next few weeks. If you are feeling at all anxious, please speak to your tutors, teachers and Mr Heath and Mr Moy. We all understand how you are feeling and can support you. All the staff at Shenley wish you well with your future endeavours.

Have a good week everyone and stay safe and well over the half term.

Ms Corbett-Lees, Mental Health Lead

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