



St Peter's Church of England Aided School

Quarry Lane, Exeter, EX2 5AP www.spexe.org (01392) 204 764 school@spexe.org

19th March 2021

Dear Parents and Carers

Update and Free Support

It continues to be really great to have all year groups back in school. Students have largely got back into the routines really positively.

St. Peter's Young Carers Leading Support for our Community

Two students approached me to see what they as, Young Carers could do to support fellow students. Following this a number of meetings have taken place resulting in:

- Meeting for students with senior DCC staff to discuss supporting young people in Devon
- Creation of booklet to support students
- Short film created identifying support available <https://vimeo.com/526077340>

Following the meeting with Senior Devon County Council Staff, the Young Carers Service Manager emailed the following:

"What a credit to themselves, their families and the school! A huge group of professionals all moved by what they had to say but also at how eloquently and confidently they did so."

Uniform and Equipment Expectations

Now that we have returned to full opening, it is a good opportunity to re-visit our expectations regarding equipment for learning and uniform. Please support us with these.

All students are expected to have a **clear pencil case** which contains the following items (as listed in the Student Planner):

- Pens (green pens, black pens)
- Coloured pencils
- Protractor and pair of compasses for Mathematics lesson
- Pencils
- Pencil sharpener
- An eraser
- A ruler
- Glue stick
- Highlighters
- Coloured pens (optional)

'Life to the full for everyone.'





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In addition, students are **not allowed to wear non-school jumpers or hoodies in place of a school jumper or coat**. Whilst classrooms still have windows open to ventilate learning spaces, students are encouraged to bring their school jumper to school. Students *may* be allowed to wear coats indoors *if* the weather results in a drop in temperature; however, this will be at the teacher's discretion.

Though students are still allowed to come to school wearing their PE kit on the appropriate day, this must be in line with our PE Kit List, as detailed below. Non-school sweatshirts or hoodies are not allowed.

Indoors

- St Peter's maroon polo shirt and St Peter's black sport shorts
- Plain black tracksuit trousers when appropriate or the St Peter's tracksuit trousers
- Trainers with non-marking soles and sport socks

Outdoors

- St Peter's maroon polo shirt or the St Peter's rugby top depending on the sport you are playing
- The St Peter's micro fleece may be worn over the top of the polo shirt for non-contact sports
- You must wear the reversible rugby shirt for all rugby lessons
- St Peter's black sports shorts
- You may wear plain black tracksuit trousers when appropriate or the new St Peter's tracksuit trousers
- You may wear a plain black base layer compression top.
- You may wear plain black sport leggings however **they can only be worn underneath the black St Peter's shorts**. You may not wear just the leggings on their own.
- Football/rugby boots when appropriate. You must wear these for rugby lessons and football lessons on the field
- St Peter's maroon long socks
- Shin pads are compulsory for all football and hockey lessons and extra-curricular matches
- Mouthguards are compulsory for all rugby and hockey lessons and extra-curricular matches

Free Support for Your Well-Being

I trust that the following will be useful in promoting positive well-being.

Mentally Healthy Schools and the Anna Freud National Centre for Children and Families



Mentally Healthy Schools brings together quality-assured mental health resources, information & advice for schools and further education settings in England, Northern Ireland, Scotland and Wales.

Download free resources and toolkits including:

- [Sleep guidance](#) - advice for parents and carers on how to help children get a good night's sleep.
- [Sleep relaxation guidance](#), with images, designed to ease bedtime worries for children.

Read more on the website www.mentallyhealthyschools.org.uk



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Mental Health Foundation | Make it Count campaign
www.mentalhealth.org.uk

For pupils: advice on how to keep yourself mentally healthy. Staying mentally healthy is just as important as staying physically healthy.

For parents and carers: information to help children understand, protect and sustain their mental health.

NHS Mental Health apps

Download free mental health apps from the [NHS resources library](#) with help and support available for children and young people including:

Chill Panda - learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



Meetwo - provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



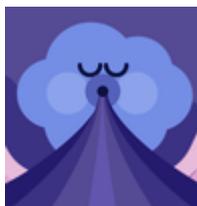
Blueice - an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.



Calm Harm - designed to help people resist or manage the urge to self-harm. The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.



Headspace | Meditation and sleep made simple



Trouble falling asleep? Top tips from Headspace on how to create the conditions for a more restful night's sleep with sleepcasts, music, and other unique audio experiences.

Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day. Try Headspace for yourself and learn the essentials of meditation and mindfulness with their free Basics course.

[Read more on headspace.com](http://www.headspace.com) or download the app on your app store



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Active 10 | NHS Walking app

Professor Tanya Byron mentioned how important plenty of regular walking is to brain health as it unlocks the cognitive powers of the brain and makes us healthier and happier. You might like to download the NHS Active 10 app, which records every minute of walking you do (anonymously). The app tracks your steps, helps you set goals, shows you your achievements and gives you tips to boost your activity.



[Download the Active 10 App from your app store.](#)

The Easter holiday is only 9 school days away. I hope and pray that the continued testing and vaccine programmes will mean it is safe for greater flexibilities for us all both professionally and personally.

We will of course update you on any further Government developments that impact schools as soon as we are able to.

Yours faithfully

Phil Randall
Headteacher

Key Dates:

Easter Break: Friday 2nd April (Good Friday) – Friday 16th April – School Closed
May Day Bank Holiday – 3rd May – School Closed
May Half Term: Monday 31st May – Friday 4th June – School Closed