

Dear Year 11

It is almost a week now since our Prime Minister made the announcement that changed the next few months of your time with us at Cams Hill. What a crazy week! This week has been so strange not teaching my year 11 classes; I have missed you greatly so I thought I would write to you all to send some support and encouragement at this time and see how you all are.

Firstly, thank you to all of you who have emailed me and other members of staff since we were all together last Friday. Your kind words have meant so much to many staff and so I am sending their warm thanks to you for taking the time to send them messages. I have also had emails from you asking if I could be a reference for anything you might be applying for. I am absolutely happy to help and support any application as will your tutors and teachers.

In such uncertain times it is hard to give you the reassurance and clarity you need, however of three things I am sure;

1. This time, although filled with anxiety and uncertainty will pass
2. We will work hard to follow all guidance and to help get you the grades you deserve
3. You have the skills to go on and forge a successful life for yourself

At present we have no more update with regards to how your GCSEs will be graded apart from that issued by the Government very late last week. We do know that exam boards will be asking teachers to submit their judgement about the grade that they believe a pupil would have achieved if exams had gone ahead. To produce this, teachers will be asked to take into account a range of evidence and data including performance on mock exams and non-exam assessment work completed over the duration of the course plus target grades and prior attainment data...the scores you got when you left Primary School. AQA have also said that there will be an option for pupils to (re)sit exams early in the next academic year for any pupils who wish to, and pupils could also choose to sit exams next summer 2021.

Mr Purslow has also been in touch and has asked me to emphasise to you the need to apply to college as normal. All colleges/apprenticeship providers are manning phone lines or email addresses to answer queries and conduct interviews over the phone. Mr Purslow is also happy for you to email him at spurslow@camshill.com if you are worried or unsure of what to do. He may not have all of the answers, but he will do his best to help.

Mr Purslow is also working with Hampshire Futures to supply virtual careers interviews and if schools do return after Easter, he will be directly contacting all of you to ensure they have received the support they require.

For the photographers and artists amongst you, a message from Mrs Oswald-Cutler. If you are going on to study a creative subject at college, they may want to see portfolios of work and they may ask you how you have spent your time on further developing your work during school closures. So, take the opportunity to continue working on your portfolios.

Something else you could do for me over the next week or so is to send Miss Kendall any photos you have of gatherings, primary school photos or shirt signing from last week. She is still building the yearbook whilst working at home and needs input from you. Before you send those pictures please can you check that you have permission to share not only photos of yourselves but others in the pictures too. You can give your consent (we don't need your parents consent) and if you know a picture contains someone who doesn't give their permission then please edit it so they are blurred out. This is so easy to do in our phone apps and it ensures that we are data compliant. Please send any pictures to akendall@camshill.com. Keep an eye on your emails as Miss Kendall may get in touch with you as well asking for input.

I have no further Prom news yet but it is unlikely to continue in June. When I do have news, I will write to you again and ask for your views and ideas on what we could do, where and when in order to celebrate your time with us.

So, what next for you and us all? We must arm ourselves, not with fear and worry but with self-care and positive mindset. Stop watching breaking news – it's addictive, not productive and can be unsettling. Instead flood your lives with the good stuff. Social media is filled with examples of positive, kind community acts in this time of crisis that you can read about.

Do something kind for someone else every day. Right now, put the NHS and other public service staff top of the list. Think about how you can help charities and foodbanks which are needed more than ever.

Now we are all required to stay at home, fill your day positively. Start reading ahead for college. Find out the books that are used on your course and do some pre-reading and build on what you know already. I have been in contact with Barton Peveril and they have informed me they will be sending information out to pupils next week.

There is so much capacity for exercise in the home whether it be running up and down the stairs or doing circuits in your front room. Just on Tuesday morning with my dogs watching on, I did Joe Wicks, Day 1 of Seven Days of Sweat followed by a virtual meeting with SLT colleagues at school which my dogs also joined in on when we all said Good Morning! Last night I did my weekly bootcamp class in my living room on facebook messenger video. This morning I have done Joe Wicks with pupils and tonight the turbo trainer is set up and I will be sitting in my shed later on my bike.

Stay curious and learn something new. This really is the time to expand your knowledge and try new things. Learn to cook, learn to macramé, write letters, write a book, learn yoga, get fit, get fresh air, train your dog, keep a diary, play games, design clothes, tidy up, tidy your rooms! Garden, talk, do more talking, learn to meditate, learn to code, visit online museums who offer virtual tours, play music, learn to DJ, be positive, stay positive. Share any photos of your antics with me at [@camsgeog](#). I would love to see what you are up to at home and your teachers who follow me would love to see what you are up to as well. If we get this going, I will share with you what I am up to.

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home – by phone, messaging, video calls or online, whether it is with people you see regularly or connecting with old friends or neighbours. Lots of people are finding the current situation very difficult, so staying in touch could help them too.

Talk about your worries. It is quite common to feel worried, scared or helpless about the current situation. Remember, it is ok to share your concerns with others you trust – doing so could help them too. If you are worried, you could try a charity helpline or webchat.

As our #Covidclassof2020 you are all able to leave a legacy of how you behaved through this time, what you did, what you contributed, what you took responsibility for, what your part was. When this is over, we will look back and consider what was our role. You can make a difference. Our Government has asked you to stay home. NOT just to protect you, but to protect people you love, to protect strangers, to protect our community. This is not a time to show you teenage selves – I'm asking you to act like young adults as the stakes are so high. In China the last temporary hospital (they built 7!) has just closed because through lockdown and self-isolation they have stemmed the crisis point of the spread. This is a model that has worked, and lockdown is starting to be relaxed.

I don't know when this will end, I know the world is a different place today than it was last month – but the sun will continue to rise and it is how we emerge from this crisis that will define who we are – who you are. I look forward to seeing you all again soon and hearing how things have been for you.

But for now, let's take one day at a time, look after each other and be kind.

See you soon.

Much love to you all.

Mrs N

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