

# Head's Bulletin



Friday 8th March 2019

Wk 2: Wk commencing 11th March

## Term Dates

**201718**

### Term 4

Mon 25th Feb—  
Fri 5th April

### Term 5

Tues 23rd April  
—Fri 24th May

### Term 6

Mon 3rd June —  
Tues 23rd July

INSET day 5—12th  
July

## 'Good' news



In the last week Nailsea has received two fantastic bits of news. The first news I have shared with parents via a letter home this week and I have spoken with students in assemblies.

As was shared in this letter, we were really pleased to see that our current grading of 'good' remained the same following the recent visit by Ofsted in February. There have been a number of positive changes that have happened in the school over the last few years and it was pleasing to see that the inspectors recognised these were likely to lead to even further improvements in the future. The comments related to student welfare and conduct rightly summed up why Nailsea is a great place to be:

*"Pupils say that they are safe in school and that bullying is rare. Pupils are confident that staff will deal with issues when they arise"*

*"Relationships are strong and pupils' conduct, both in lesson and during social time, is purposeful and positive"*

As ever, we could not have been more proud of the students during the day. Many thanks, also, to all the parents that took the time to complete the survey. The inspectors were really impressed with the degree to which parents wanted to engage with the school and the process. We are not complacent, we are always trying to improve and as such we were pleased that Ofsted also agreed with our school improvement priorities which are now being developed.

We have also received great news from North Somerset Council, following the admissions information being released on Friday 1st March. Following our need, in 2017, to increase our PAN (Published Admission Number) to 180 places, it has been confirmed that Year 7 is already full for September 2019 with first choice applications. Our environment where children's confidence is nurtured and our school being a place where children feel encouraged to succeed is certainly being supported by the local community. Exciting times, indeed! Have a lovely weekend.

**Mrs Elliott, Head teacher**

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## Key Dates

### **Tues 12th March**

Yr 12 UCAS Fair

### **Wed 13th March**

PTA Meeting, 7pm

### **Thurs 14th March**

Yr 7 Subject Evening

### **Fri 15th March**

UK Junior Maths

Challenge

Comic Relief

### **Mon 18th March**

Getting into Oxbridge  
conference

### **Tues 19th March**

GCSE Art exam begins  
(2 days)

## **Open Door Clinics**

Open Door Parent Clinics are held on Wednesday afternoons during term time for parents to speak directly with Mrs Elliott regarding any concerns or suggestions they may have.

These are held from 3:30pm until 5:30pm and can be booked through contacting Mrs Elliott's PA, Miss Jan Stirling, on 01275 852251.



## **Comic Relief—15th March**

Student Council have been working hard on a series of events that will enable the school to raise money for this great cause.

As part of the fundraising students will be permitted to wear non uniform by bringing a pound to school on the 15th March.

Red Noses are also available to purchase in school.

Schools and nurseries raised over £5 million last Red Nose Day and it will be fantastic to be able to contribute to this great charity once again this year.



## **Exam Contingency Date—26th June 2019**

We need to make parents aware of some important information from the Examination Boards that will affect all students taking examinations this summer.

A contingency day has been set up by the Examination boards for all GCSE and GCE examinations. This has been implemented by the Boards so that, in the event of a major national or local disruption, an exam may be moved to this day.

The date that has been set aside for contingency purposes is **Wednesday 26th June 2019**.

With this in mind, could we please encourage all parents and carers to make a note of the new reserve exam date, particularly if looking to book a post-exam holiday. The school has no influence with regards to this contingency day, as this is a date set by the Examination boards and we have no power to support any absence related to holidays taken that would include this date.

Thank you for taking note of this important information.

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## Resilient Mental Health? (Part Two)

Last week I shared part one of a document that one of our parents had recently shared with us. The contents will help all parents think about how they could support their children to develop resilient mental health strategies. Part two is below:

It can be hard to really **empathise**: to listen to the problems of someone you love, to put yourself in their shoes, and to do so without (at least initially) doing anything other than listening. However, this alone can be a very powerful and helpful thing to do. Showing empathy in this way – without trying to comment or change anything – can often be all that a child needs to help them to feel they are coping with the situation, and so breed their own resilience. (Although it can leave you feeling temporarily shattered!)

It is very, very easy to want to try to solve things for them, but this can inadvertently remove their power. To grow resilience a child needs to feel that they are the driver of decisions about their life (this is called their 'locus of control'). If you jump in, you teach them that they cannot cope without you, that they cannot identify their own solutions, and need you in order to solve things.

When a child is just coping, or in times they feel they are not coping, it can become easy to want to take control and change things on their behalf. The danger here is that if you, the parent, drives a change you can add new chaos into an already tricky situation. Your actions may or may not improve things, but they will certainly trigger new issues that also need to be dealt with. Your child may not look back and thank you for your intervention. Your job is to be the mast of the ship and not the sail – allow your child to flap whilst you stand strong – not flap too!

If you have a good relationship with your child they will be able to tell you (or you will notice) when they are not coping or have not been coping for too long for you to allow the status quo to continue. This is when you as the parent should act with and for them.

Promoting the following activities can help your child to grow resilience – even if they cannot change the situation they are in, they can still learn to cope – and they will gain great mental strength from knowing that they are doing so. Practical activities that help support good mental health are can include seeing a range of friends, physical activity, getting outside (walking the dog, going for a jog) and avoiding screen time (including TV) for more than 6-7 hours per day. It is also important to give your child time to relax and feel safe at home, without expecting them to conform to your rules and expectations all the time (sometimes children's coping mechanisms involve watching TV, so don't start banning everything or scheduling their lives in the pursuit of mental health!)

There are a lot of support services you can turn to. First, contact the school and talk with staff who know your child and who can watch their behaviour whilst they are there (and ideally, tell your child before you do so). Second, in North Somerset there is the [Youth Inclusion and Support Project](#) and [In Charley's Memory](#) who can provide counselling, support and advice. Your child can also chat safely to trained counsellors via the [Kooth website](#) (all Nailsea School pupils have been given cards with details for this service). Additionally, If you would like to talk to anyone in school about any of the issues raised here please contact your child's Head of House in the first instance.

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## Term dates 2019/20

Following a period of consultation we can now confirm both the term dates and INSET days for academic year 2019/20. These are shown below for your reference

### **Term Dates 2019/2020**

#### **Term 1**

Mon 2nd September—Fri 25th October

**INSET day 1—2nd September**

#### **Term 2**

Mon 4th Nov—Fri 20th Dec

**INSET day 2—22nd November**

#### **Term 3**

Mon 6th Jan—Fri 14th Feb

**INSET day 3—14th Feb**

#### **Term 4**

Mon 24th Feb—Fri 3rd April

#### **Term 5**

Mon 20th April —Fri 22nd May

**INSET day 4—20th April**

#### **Term 6**

Mon 1st June —Fri 17th July

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