



12th February 2021

Dear Parents and Carers,

I hope you and your families have been keeping well and safe.

I would like to take this opportunity to thank all of our parents and carers in our school community. We have all experienced huge challenges over the past year and most recently with the current school closures. I am heartened to see and hear how our students, with support from you have managed to overcome these challenges and you have continued to support your children with their remote learning.

A huge congratulations to Jasmine (10S) who was a finalist in the extraordinary 2019/2020 Virtual Translation Bee National Final. She made it into the final 41 out of the 17,710 who entered the competition from all over the country. Well done to her for this amazing impressive achievement. What an inspiration she has been for our competitors in Year 8 and Year 9 this year.

Even lockdown can't stop some of our most creative students. Assessments are always daunting but Years 7-9 Drama students have really risen to the occasion. We just wanted to say how proud we are of all of them who have been getting involved. It was also really heart-warming to see so many family members getting involved; siblings and parents were either filming or taking part.

Thank you to all the Year 11 parents who made appointments with your children's Form Tutors yesterday for Year 11 Parents' afternoon. There was a wonderful turnout and we hope you found it useful. We will be following this up with a Parents' survey and will send a link to this via a text message.

- **LGBT+ History Month:** This February Villiers is celebrating LGBT+ History Month remotely. We want students to learn about and celebrate the amazing LGBT+ individuals in the past. Already this month, students have:
 - had a PSHE lesson looking at LGBT+ people and experiences in the past
 - looked at LGBT+ inclusive texts in their English lessonsAnd there's more to come...
 - a reflective assembly at the end of the month
 - Over half term, take part in our LGBT+ History Month design competition. Prizes are awarded for the best entries! Any questions about LGBT+ History Month get in touch with Mr Jones at rjones@villiers.ealing.sch.uk.

LGBT+ history month competition!

The theme for this year's LGBT+ History Month is 'Body, Mind, Spirit'. To mark the 2021 launch, join us in celebrating the lives of the five selected LGBT+ icons: Maya Angelou, Mark Ashton, Michael Dillion, Lily Parr and Mark Weston. Please see the following website for further details about these people and their achievements:
<https://lgbtplushistorymonth.co.uk/>

As part of LGBT+ history month, your task is to:

Create a poster celebrating LGBT+ History Month. You could do this by drawing an eye-catching design or by researching one of the above LGBT+ icons and including details about their achievements for the LGBT+ community.

Prizes will be given to the top 3 most informative and eye-catching posters once back at school.

Please submit entries to either Mr. Jones or Ms. Forsey by 24th February 2021.



Villiers

Headteacher: **Ms. A.Sharma**

"For life, not school, we learn"

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- **National Online Safety Week:** Safer Internet Day (09 Feb) is an international event which promotes a safer and more responsible use of online technology. During the lockdown, all the stakeholders e.g. pupils, teachers and parents must collaborate effectively to ensure online safety. It could be sometimes tricky to keep tabs on your child's online activities. In order to avoid the risks of watching inappropriate or dangerous content by mistake, please use the links given below to explore parental controls and where to report harmful content. Our school will also be delivering online sessions covering key topics like Cyberbullying, Online Peer Pressure, Gaming and its ill effects, and social media and digital footprints etc. If you have any questions or worries regarding the safety of your child when working online, please do not hesitate to contact us. You can also report any safeguarding concerns here:

<https://www.villiers.ealing.sch.uk/our-school/our-safeguarding-1>

More useful links for the parents

Where to report harmful content?

<https://www.ceop.police.uk/safety-centre/>

<https://reportharmfulcontent.com/>

Balancing screen time

<https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-11-14-KeyStage3.pdf>

How to make the most of parental controls on Netflix:

<https://swgfl.org.uk/assets/documents/netflix-checklist.pdf>

TikTok family checklist to get a better understanding of the platform

https://storage.eun.org/resources/upload/891/20200701_102907279_891_Checklist_TikTok_EN.pdf

You tube family checklist

https://storage.eun.org/resources/upload/883/20200525_140541934_883_Checklist_YouTube_Family.pdf

Snapchat checklist

<https://swgfl.org.uk/assets/documents/snapchat-checklist.pdf>

For more info and advice, you can contact-

<https://www.childline.org.uk/>

Test your Internet: Whilst no system is 100% perfect, filtering can reduce the possibility of your child seeing content that they shouldn't. You can test your broadband or mobile connection here: [Personal Internet Filter Test](#)

Screen time: As children are at home learning, there may be an increase in how long your child is spending online. This site offers age appropriate guidance relating to screen time and how you can balance it and set boundaries. [Screen Time](#)

- **Year 13 Parents' Evening:** The Year 13 Parents' evening will be on Thursday 11th March, 2021, from 1.30pm to 5pm. Eight-minute appointments will be allocated for each teacher. We hope to give students and parents a clear understanding of the progress each student is making and what they need to do to achieve the highest possible academic standards. It will be a virtual parent evening and take place on-line using the school cloud platform.





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Further details including how to book appointments, will be sent to parents week commencing 22nd February 2021.

- **Mental Health & Wellbeing support for you and your child:**
 - Find useful tools, apps and websites in the government's comprehensive list of [mental health resources](#) including support for young people who feel particularly overwhelmed by the pandemic.
 - **The Prime Minister** has appointed **Dr Alex George** to be our **Youth Mental Health Ambassador**. [Watch a clip of their interview](#).
 - On our School Twitter account [@VHSchool](#), we tweeted an article about "**Expressing Yourself**" as part of the [Children's Mental Health Week](#) last week and doing some creative writing. For your chance **to win a £20 voucher**, please submit *any Creative Writing* around the theme of "**Expressing Yourself**" to Mr Adams, **by Friday 19th February** and the winner will be announced after half term. Email using your school account to LAdams@villiers.ealing.sch.uk.
 - Referrals to our **School Counsellor** can still be made, by **emailing Ms Noel at** GNoel@villiers.ealing.sch.uk. Take a look at the poster about enjoying your half term and have a go at the suggested activities

Finally, a reminder that school will be closed from Monday February 15th to Friday February 19th inclusive for the half term break and there will be no online lessons during this period.

If you have any concerns or need to speak to someone, please email info@villiers.ealing.sch.uk.

I hope you have a restful and relaxing half-term week.

Kindest regards.

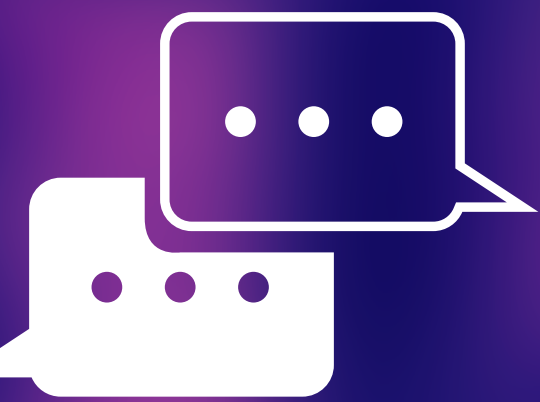
Aruna Sharma
Head Teacher

Mental Health Tips

HOW TO ENJOY YOUR BREAK!

SHOW UP - WEEKEND 1

No matter how boring or isolated you feel during lockdown, why not unwind by having ONLINE social parties. It's a great way to catch up with family and friends! Give yourself the enjoyment you deserve!!



MON/TUE - CONVERSE

It can be daunting to have a conversation with someone new. Look for new online social groups you can join, and with a bit of courage you'll meet new friends in no time!.

WED/THU - INDULGE

In mental wellness! This is the time to enjoy the benefits of 'good health'. So add to your list something **NEW** - nutrition, exercise and plenty water. In no time you will feel refreshed, and ready to take on another day!



FRIDAY - DRINKS

Whether it's an online party, watching tv or exercising. At some point, you're going to reach for something to drink! So rather than having a adult drink (staff) or sugary drink (students), try a healthy glass of your favourite smoothie! In the end, your body will thank you for it!!

CHILL OUT - WEEKEND 2

Reflect on what you did for this week. If you didn't accomplish all your goals, don't worry, there's opportunity to achieve this the next time. So start planning for your next break! Now, I think it's time to do something relaxing - don't you!!!

