



THE  
**ADEYFIELD ACADEMY**  
Learning Without Limits

IWK/jfs

20th March 2020

Dear Adeyfield Student,

**Re: School Closure and Wellbeing**

You will be aware that the government has closed all schools for the time being. Work will be set for you to complete so that you can continue learning. However, your wellbeing and safety remains our first priority. We know that you will not be in school to speak to us if you have a concern or worry but, we want to outline avenues of support still available.

Make sure you are keeping your body and mind healthy with the '5 ways to wellbeing':

- Be Connected - keep in touch with friends and classmates
- Be Active - go for a walk/ run, exercise at home, have fun
- Give Back - help out around the house/ with siblings, be considerate to challenges people around you are facing
- Take Notice - Listen to the news, think about how others are feeling
- Keep Learning - work out a schedule to help you manage your school work at home

If you feel you need someone to talk to whilst you are not in school, there are a variety of ways you can access help and support:

- Kooth is a free online support for young people – [www.kooth.com](http://www.kooth.com)
- Headspace App
- Youthtalk - free counselling for 13-25 year olds - self referral - **01727 868684** - [www.youthtalk.org](http://www.youthtalk.org)
- YCHertfordshire website - for advice and signposting
- The Wellbeing Team - **0300 777070**
- Cruse Bereavement services - **01707 278389**
- Childline for advice and online chats etc – [www.childline.org/](http://www.childline.org/) **08001111**
- MindEd offers online help and advice for common issues [www.minded.org.uk](http://www.minded.org.uk)
- FRANK is an A-Z on drugs/substances – [www.talktofrank.com](http://www.talktofrank.com)
- School nursing is confidential advice and support for young people – **Text your query to 07480 635050**
- Samaritans - **116123**
- Herts Young Homeless - Homeless Hub - **0300 3230130**
- The OLLIE Foundation – online courses in all aspects of mental health [www.theolliefoundation.org](http://www.theolliefoundation.org) and Facebook page (@TheOLLIEFoundation) for more information on dates, times and how to get involved.
- <https://healthyyoungmindsinherts.org.uk/schools/how-look-after-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak>

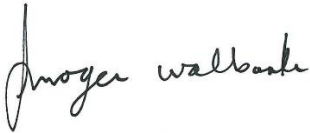
If you feel you are in danger of harm (physical or emotional) then please do talk to a trusted adult or contact us by email.

- Year 7 – Mr Hutchinson (Head of Year 7) [hutchinsonw@adeyfield.herts.sch.uk](mailto:hutchinsonw@adeyfield.herts.sch.uk)
- Year 8 – Miss Hazell (Head of Year 8) [hazelle@adeyfield.herts.sch.uk](mailto:hazelle@adeyfield.herts.sch.uk)
- Year 9 – Miss Sandford (Head of Year 9) [sandfordl@adeyfield.herts.sch.uk](mailto:sandfordl@adeyfield.herts.sch.uk)
- Year 10 – Mrs Walker (Head of Year 10) [walkerj@adeyfield.herts.sch.uk](mailto:walkerj@adeyfield.herts.sch.uk)
- Year 11 – Mrs Walters (Head of Year 11) [waltersk@adeyfield.herts.sch.uk](mailto:waltersk@adeyfield.herts.sch.uk)
- Years 12 &13 – Miss Gare (Head of sixth form) [garea@adeyfield.herts.sch.uk](mailto:garea@adeyfield.herts.sch.uk)
- All students – Ms Day (SENCO) [dayj@adeyfield.herts.sch.uk](mailto:dayj@adeyfield.herts.sch.uk)
- All students – Miss Walbank (Assistant Headteacher) [walbanki@adeyfield.herts.sch.uk](mailto:walbanki@adeyfield.herts.sch.uk)
- All students – Mr Molokwu (Assistant Headteacher) [molokwum@adeyfield.herts.sch.uk](mailto:molokwum@adeyfield.herts.sch.uk)

If you have serious concern for your safety or that of another child, please contact children's services on 0300 1234043 or the police on 101.

We very much hope to be back with you as soon as possible.

Yours sincerely,

A handwritten signature in black ink that reads "Miss I Walbank". The signature is written in a cursive style with a large initial 'I'.

**Miss I Walbank**  
**Assistant Headteacher**