



## Eastbury Community School

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**Executive Headteacher:** Mr David Dickson, BSc (Hons), MA, NPQH  
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### Primary School

**Head of Primary:** Ms Aisha Raymond  
[ped@eastbury.bardaglea.org.uk](mailto:ped@eastbury.bardaglea.org.uk)  
Tel: 020 8507 4612

### Secondary School

**Head of Secondary:** Ms Sharon Collins  
[office@eastbury.bardaglea.org.uk](mailto:office@eastbury.bardaglea.org.uk)  
Tel: 020 8507 4500

### Sixth Form

**Head of Sixth Form:** Mr Dominic Simpson  
[BF01@eastbury.bardaglea.org.uk](mailto:BF01@eastbury.bardaglea.org.uk)  
Tel: 020 8507 4595

September 11, 2020

## Dear Families

I hope you and your families remain well and safe.

It has been great to see the school get back into full action over the past week, can I thank everybody both in school and at home for helping to establish our new routines.

The key update this week is that from next Monday (14 September) everybody in the secondary phase communal areas must wear a mask / face covering. Please see the latest update from Mrs. Collins for full details. We are doing everything we can to keep everybody safe and the school open. It is important that we keep the school open so that our pupils can learn, socialise, and plan their next steps in life. For the latest info about what you can and can't do during the pandemic check out these [FAQs](#).

I am extremely grateful to Sharon Collins (Head of Secondary Phase) and Aisha Raymond (Head of Primary Phase) for keeping the school and you updated. It is extremely important that you read their updates so that we are all up to date with the latest guidance.

Looking after our students well-being has always been important to us and especially so as we start this new and very different term. To support our students well-being all year groups have a lesson a week of PSHE (Personal Social Health Education). In PSHE lessons, students will cover topics ranging from how to look after your physical and mental health, to keeping safe online, careers education and finance, rights and citizenship and more, at an age appropriate level. The aim of these lessons is to equip students with the knowledge, understanding and skills to thrive in Modern Britain. At Eastbury Community School PSHE is taught by a specialist team of teachers, using quality assured resources. I am extremely grateful to Ms Caswell who leads across the whole school (3-19) on PSHE. As we all settle back into school, the focus for this term in these lessons for all year groups will be supporting children and young people's emotional health and well-being.

Over the last few month, all of us have realised how important looking after both our own and the health and well-being of our children is. To support our commitment to well-being we will be sharing with you some information, which we hope you will find useful to ensure that when your children come to school they are well and healthy and ready to learn to the best of their ability. This week we want to focus on 'Healthy Sleep for Teenagers'.

Teenagers need approximately 9 hours of sleep per night. Many are averaging approximately 7 hours. After puberty, the internal clock of an adolescent undergoes a biological shift of up to 2 hours later. The time that teenagers naturally wake up also shifts by up to 2 hours later. This mean that most Teenagers will benefit from a regular sleep schedule.



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Teenagers can suffer particularly from moodiness or irritability when sleep deprived, as well as experiencing delayed cognitive ability. Teenagers are also likely to be more impulsive, and engage in risk-taking behaviours if they are sleep-deprived.

The time before bed (at least 60 minutes) should allow for winding down and must avoid screen use (e.g. TV, phones, tablets etc.) to promote a good night sleep.

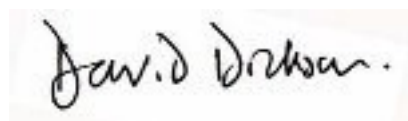
Teenagers should avoid caffeinated or high-sugar products such as fizzy drinks, tea or coffee and sweets.

If you have any ideas for improvement, questions or concerns please do not hesitate to contact **Sharon Collins, Head of Secondary phase** ([scl@eastbury.bardaglea.org.uk](mailto:scl@eastbury.bardaglea.org.uk)); **Aisha Raymond Head of Primary phase** ([ara@eastbury.bardaglea.org.uk](mailto:ara@eastbury.bardaglea.org.uk)); **Dominic Simpson Head of Sixth form** ([dsi@eastbury.bardaglea.org.uk](mailto:dsi@eastbury.bardaglea.org.uk)) or myself **David Dickson** ([ddi@eastbury.bardaglea.org.uk](mailto:ddi@eastbury.bardaglea.org.uk))

For those of you celebrating Rosh Hashanah next week, Shanah Tovah Umetukah (happy Rosh Hashanah and have a good year ahead).

**Please stay safe.**

Yours sincerely

A handwritten signature in black ink that reads "David Dickson". The signature is written in a cursive style and is positioned above a light blue horizontal line.

David Dickson - Executive Headteacher

**For all of our latest updates and guidance please regularly visit our website.**

If a child or adult has symptoms of Covid (full [checklist](#) and currently includes just three symptoms: a high temperature, a new, continuous cough, and a loss or change to the sense of smell or taste) they are not allowed on school premises and must get tested. Parents/carers have a responsibility to get their child tested, and follow all the [NHS guidelines](#). You can book a test appointment by calling 119 or visiting [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus). If anyone in your household has symptoms, your child must also stay at home for 14 days and self-isolate. Please let the school know if your child cannot attend school or if you are experiencing any difficulties.