



Eastbury Community School

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Dear Families

I hope you and your families remain well and safe. It was a pleasure to welcome even more pupils back into school this week. The response from pupils has been amazing and they are making great strides in their learning. We will be welcoming back more pupils over the coming weeks and Mrs Collins and Ms Raymond will let you have more details on Friday.

There are many hyperlinks in this letter, please click on them to get the full value from my letter.

Tips with managing behaviour

Now that many pupils are returning back to school, I would like to remind you of the importance of excellent behaviour and how you can help. This will keep everyone safe and help everyone to learn.

- Consistent routines are important for behaviour in school. Our routines at both home and school have changed significantly. Routines support behaviour and you will be finding a new rhythm for your family. You could share [this video](#) with your child. Talk to them to help them plan their new routines.
- Look for the positives. Because you need to be on the ball when things go wrong, it is easy to focus only on the unwanted behaviours and spend time addressing those with our children. If we can also catch them doing things right and praise this behaviour, we are likely to get more of it. Could your daily routines include activities where your child is likely to make you proud?
- Model the coping techniques you are using. Children are still learning to self-regulate their emotions and behaviours. It is likely that we will also face new challenges during this period: finding a new workspace, managing anxiety, being productive under new circumstances. Talk to your child about the struggles you face and how you are addressing them – and don't be afraid to be open about getting it wrong and trying a different strategy. Encourage your children to explain the approaches they are trying too.
- Remember, there are no shortcuts. The most important principle for staff in school in managing behaviour is to get to know and understand each pupil individually. This is good news! You already know your child the best. Speak to your child and trust your judgement about what works for them above any generic advice.

Parents and families helping each other

Parents and families helping each other I am very keen that we all share our tips and sources of support. If you have any good ideas or website links can you please forward them to Miss D Dalrymple at dda@eastbury.bardaglea.org.uk



We will collate them and include them in future letters and messages. I am extremely grateful for parents who have let me know about the following sources of support.

Feeling Anxious

A lot of adults, as well as children and young people, have experienced difficulties during the past few months. It's natural to feel anxious during times of uncertainty. [The NHS has issued advice](#), and has recently updated it, on supporting your mental wellbeing and visiting this website is well worth it. It is packed with lots of very useful guidance and tips.

Black Lives Matter

This is an excellent resource to help you have open and positive discussions with your child about race and racism. At ECS we already have a great curriculum that helps our pupils learn about the world and culture, and we plan to make it even better in 2020/2021.

[Parent Guide to Black Lives Matter](#)

[How to help your child feel better about being back in school](#)

Dr Jessica Richardson of the Trauma, Anxiety and Depression Clinic, National & Specialist CAMHS, Maudsley and King's College London provides some great advice to support you in supporting your child.

[Parents' / Carers Toolkit](#)

A great link for both secondary and primary parents and carers. You will find many tips on supporting your child's wellbeing and practical advice.

Thank you

I appreciate all the messages of support we have received over the past few weeks and if you would like my message and letters to contain more specific information please let me know. All of my previous messages can be found here: (Executive Head [messages](#) and [letters](#)).

As the lockdown eases a little, it is very important that you continue to reinforce the key messages with your children. Social distancing and regular hand washing with soap and hot water are still very much needed. If your child is using public transport, please ensure a face covering is worn, and consider walking or cycling if possible. [All the latest advice is here.](#)

Please stay safe.

Yours sincerely

David Dickson - Executive Headteacher