



Eastbury Community School

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July 3, 2020

Dear Families

I hope you and your families remain well and safe. We would like to thank you for all that you are doing to support our pupils both with home learning and when they have lessons in school. All of the staff appreciate the messages of support we have received over the past few weeks. If you would like my message and letters to contain information that is more specific, please let me know. All of my previous messages can be found here: (Executive Head [messages](#) and [letters](#)).

September reopening of schools

We are all looking forward to welcoming back all of our pupils in September. The government published its plans for England's return to school in September yesterday. You may have heard that there will be many changes in schools. These include staggered starts and finishes to the school day, different break and lunch times for different pupils, one-way systems and different pupils using different entrances and exits. We are currently considering the guidelines very carefully, and what they mean for Eastbury Community School. Obviously every school is different so will need to ensure that our plans work in our context, and then carry out the necessary risk assessments. We will therefore not be able to give you our plans until later in the term. As soon as we have completed our plans, we will send them to you. Please be reassured we want the very best for your child and visit our website for regular updates.

Keeping our children safe

The government has just update its guidance about what we can all do to help keep our children safe. [Please click here to read](#) this extremely important document.

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.

Black lives matter

[The Adanna and David Family: the books we use to talk about racism to our children](#)

Feeling anxious

Children and young people can access free confidential support anytime from Government-backed voluntary and community sector organisations by:

- texting SHOUT to 85258 / calling Childline on 0800 1111 / calling the Mix on 0808 808 4994



Mental health issues

Children and young people can also find online information on COVID-19 and mental health on the [Young Minds](#) website.

Eating disorders

For support with an eating disorder, children and young people can ring **Beat's Youthline on 0808 801 0711**.

Building resilience

The [Think Ninja](#) (freely available and adapted for COVID-19) app educates 10-18 year olds about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well.

Arts content on Bitesize Daily



Next week (July 6-10) is Arts week on Bitesize Daily online with music, drama and art themed lessons.

On Thursday the English National Opera are providing guides on how singing helps your well-being; and on Friday find out how to get creative through classical music with Ten Pieces.

And on Bitesize Daily TV, there is more creative arts content as music stars including Liam Payne and Mabel take part in a special Big Song.

Each of the music artists will read the lyrics to their songs, explain the meaning behind them, and set creative writing tasks for students.

Check out the [Bitesize Daily TV schedule](#) to see what's coming up each day.

Please stay safe.

As the lockdown eases a little more this weekend, 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.](#)

For all of our latest updates please remember to regularly visit our website.

Yours sincerely

David Dickson - Executive Headteacher