

NEWSLETTER

Week Commencing: Monday 25 January 2021

FREE SCHOOL MEALS AND ADDITIONAL HELP

Free School Meals:

The next batch of Free School Meal vouchers will be distributed via email on Monday 1 February, while those who receive manually printed vouchers should receive their vouchers by the same date in the post.

Runnymede Foodbank:

If you need additional support with food & toiletries then please email additionalfood@fullbrook.surre.sch.uk with the following information;

- Full postal address including postcode
- Mobile phone number (which is easiest to contact you on)
- Number of people in the household –number of adults; number of children and their ages

We will then make the referral to Runnymede Foodbank on your behalf.

REMOTE EDUCATION PLAN

In line with government guidelines, Fullbrook published our remote learning plans on the school website on Monday 25 January. This sets out what you can expect for students whilst they are learning from home along with information for parents and relevant appendices. To see the remote learning plans [click here](#).

“How wonderful it is that nobody need wait a single moment before starting to improve the world.” – Anne Frank

DIGITAL THANK YOU CARDS FOR FULLBROOK STAFF

In these strange times, a little bit of appreciation can go a very long way. With this in mind, we recently rolled out a new way for Fullbrook staff to send a virtual thank you card to a colleague. It's been such a success with our team, that we're now making this available for parents/carers & students who might wish to thank a specific member of the Fullbrook team for something they've done.

Click [here](#) to send a card to someone from Fullbrook you would like to thank.

ONLINE SAFETY DURING SCHOOL CLOSURES

Mr Baker has recorded a short assembly about keeping safe online during school closures. Please click [here](#) to view.

IMPORTANCE OF ROUTINES AND STRUCTURE

As the national lockdown is set to continue until March at the very earliest, Miss Edis and Miss Pepper have recorded a short assembly about the importance of routines and structure. Click [here](#) to view the assembly.

We also have a blank wellbeing journal on **page 3**, which can be printed for students (and adults) to fill in, which helps to track how your week is going, along with examples of how to fill one in on **page 4**.



CONTACT US

Please do not hesitate to contact us via:

info@fullbrook.surrey.sch.uk

concerns@fullbrook.surrey.sch.uk

homework@fullbrook.surrey.sch.uk

SOCIAL MEDIA

Click the symbols to view the Fullbrook Facebook & Twitter pages.



WELLBEING CALLS WITH WOKING MIND

Woking Mind are offering a Community Wellbeing Call (CWC) service for anyone age 18-65+ that is struggling with low mood, loneliness and anxiety. They can arrange to have a one-off or regular chats about any concerns or troubles at a time that suits, and can offer advice, suggest coping techniques and help people access a wide range of free support service offered by Woking Mind and others in the local area. This also includes Woking Mind's counselling service, peer support groups or walking groups (subject to government guidelines). This service is available to all adults living in Surrey and no referral is required. See the poster on **page 4** for further details of how to contact them.

HOUSE SNOWMAN COMPETITION

On Monday, we held an impromptu house competition to encourage students and staff to make the most of the snow which arrived on Sunday. There were so many fantastic entries, but with every competition there has to be a winner. Our student winner is Scarlett C in Year 9 with her snowman taking his snowdog for a walk, while our staff winner was Miss Edis for her Chelsea supporting snowman and a snowbird! Well done to everyone who took part, and congratulations to our winners.



EARLY FINISH FOR STUDENTS ON FRIDAY 11 FEBRUARY

On Friday 11 February the afternoon has been allocated for staff to complete their mid-year appraisals. This means that there will be no period 4 and 5 lessons for students on this day.

DATES FOR YOUR DIARY	
Thursday 4 February	Year 7 Parents Evening (Virtual)
Friday 5 February	Early finish for students (Staff Mid-Year Appraisals)
Thursday 11 February	Year 8 Parents Evening (by virtual appointment)
Friday 12 February	School closes for half term (normal finish time)
Monday 22 February	School reopens to students for remote learning

WEEKLY WELLBEING PLANNER

DATE _____

GOALS FOR THIS WEEK

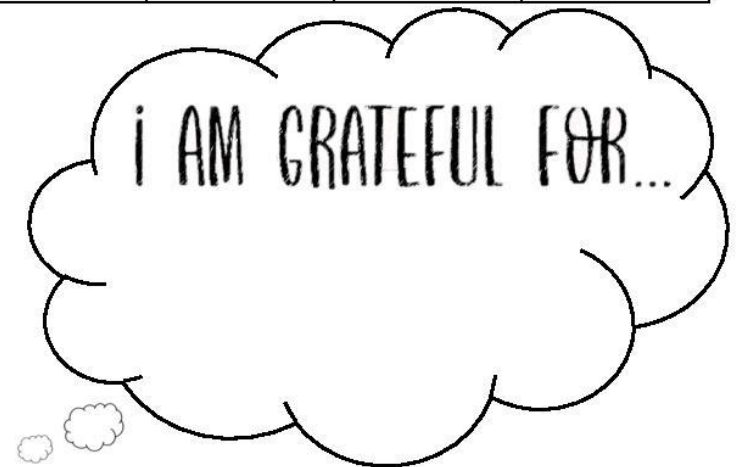
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

MORNING
AFTERNOON
EVENING

MON TUES WEDS THURS FRI SAT SUN

SLEEP TRACKER

Hours	1	2	3	4	5	6	7	8	9	10	Mood
Mon											☆☆☆☆☆
Tues											☆☆☆☆☆
Weds											☆☆☆☆☆
Thurs											☆☆☆☆☆
Fri											☆☆☆☆☆
Sat											☆☆☆☆☆
Sun											☆☆☆☆☆



Feeling lonely?
Anxious?
Depressed?



We can all feel anxious for various reasons but when these feelings increase, they can have a big impact on our wellbeing.

Our **Community Wellbeing Calls** service may help you by having someone to talk to, regularly on the telephone, about your troubles or wellbeing. These calls are free and may be the lifeline you need to help life feel better.

wokingmind.org.uk
Registered charity no. 1096503

To find out more
Telephone **07860 340 739**
Email info@wokingmind.org.uk
**We will need your name and contact number to call you back.*

Service is available to all adults living in Surrey.



WEEKLY WELLBEING PLANNER DATE 18th - 24th January

GOALS FOR THIS WEEK

- ☒ Finish my book
- ☒ Complete 3 workouts
- ☒ Speak to family
- ☒ Load the dishwasher
- ☒ Do some Baking

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
MORNING	Get up Have Breakfast School	Get up Have Breakfast School	Get up Have Breakfast School	Get up Have Breakfast School	Get up Have Breakfast School	Get up Have Breakfast School	Get up Have Breakfast School
AFTERNOON	Read my book Go for a walk School	Go for a walk Have lunch School	Talk to friends Eat lunch School	Do some colouring Eat lunch School	Read my book Eat lunch School	Do some Baking Talk to friends School	Play on Xbox (1hr) Eat lunch Talk to family
EVENING	Help a with dinner Eat dinner Watch TV	Complete a workout Eat dinner Load Dishwasher	Tidy Bedroom Eat dinner Play on Phone (1hr)	Go for a walk Eat dinner Watch TV	Complete a workout Eat dinner Watch TV	Help a with dinner Eat dinner Watch a film	Read my book Eat dinner Play a game

SLEEP TRACKER

Hours	1	2	3	4	5	6	7	8	9	10	Mood
Mon											★★★★★
Tues											★★★★★
Weds											★★★★★
Thurs											★★★★★
Fri											★★★★★
Sat											★★★★★
Sun											★★★★★

i AM GRATEFUL FOR...
The Snow!!

WEEKLY WELLBEING PLANNER DATE 18th - 24th JAN

GOALS FOR THIS WEEK

- ☒ Go on 3 walks
- ☒ Cook a meal for my family
- ☒ Do a page in my colouring book
- ☒ Video call my grandma
- ☒ Do a job around the house without being asked

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
MORNING	Get up Eat breakfast School	Get up Eat breakfast School	Get up Eat breakfast School	Get up Eat breakfast School	Get up Eat breakfast School	Have a lie in! Eat breakfast	Get up Eat breakfast
AFTERNOON	Eat lunch Play on phone School	Eat lunch Tidy my room School	Eat lunch Chat with friends School	Eat lunch Play on phone School	Eat lunch Watch TV School	Eat lunch Help with the laundry School	Eat lunch Sort the washing School
EVENING	Go for a walk Do some colouring Eat dinner Watch TV	Play on my Xbox Help a with dinner Eat dinner Go to bed	Video call grandma Watch TV Eat dinner Read my book Go to bed	Go for a walk Play on Xbox Eat dinner Help a with dinner Go to bed	Do a workout Do some colouring Eat dinner Read my book Go to bed	Play on Xbox Eat dinner Watch the telly Read my book Go to bed	Make a TruTik Eat dinner Watch a film Do some yoga Go to bed

SLEEP TRACKER

Hours	1	2	3	4	5	6	7	8	9	10	Mood
Mon											★★★★★
Tues											★★★★★
Weds											★★★★★
Thurs											★★★★★
Fri											★★★★★
Sat											★★★★★
Sun											★★★★★

i AM GRATEFUL FOR...
my cats!