



“Inspiring Learning”

CHAIR OF GOVERNOR / HEADTEACHER MESSAGE

We hope that you and your family are continuing to keep well and safe during these anxious times for us all. As it stands, the COVID-19 school closure period looks set to continue, therefore we would like to reassure you that the BMS staff team will continue to offer online learning, with academic and emotional support for all pupils. Please do get in touch with us if we can do anything more to help you or your child.

We would like to take this opportunity to let you know that our Headteacher, Helen Samuels, has given due notice that she will be relocating with her young family to Dorset from September 2020. Obviously, we are sad to see her go, yet also understand that her family circumstances are such that Helen needs to move on. She is also very sad to be leaving the school she loves, but would like you to know that BMS families, and the journey she has been on with you all, will remain in her heart forever. We understand that this news may be unsettling for you; however, please know that a swift appointment will be made in the near future to ensure that strong leadership of your local middle school remains.

Thank you for your continued patience with not having further information about our residential trips as yet. We are now just waiting for a response from NCC regarding Zurich Insurance to be able to move forward with respect to Normandy, which would have taken place this month. For the Midlands trip, which would have been in June, we will let you know as soon as we have any update.

Kind regards,

David Gundry & Helen Samuels
Chair of Governors Headteacher

**Have your circumstances changed due to COVID-19?
You may be able to claim vouchers. An application only takes a few minutes.
Click on the link below to apply.**



[Apply for Free School Meals](#)



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Learning by Questions (LbQ)

Bellingham Middle School has worked with LbQ to trial the use of this excellent question set resource in school with our Y8 pupils. To support parents and carers with home learning, LbQ has now made a version of their online platform available to all families for FREE. You can click on the link below to support your child and their siblings. It is also available through our Virtual School on the school website. We would welcome any feedback as we grow this resource within our curriculum.



LbQ has hundreds of online classroom resources that children can work through at their own pace while receiving marking and feedback as they go. In the current uncertain climate, parents are looking for effective learning resources to educate their children while they cannot attend school. Why not keep the children occupied with high-quality questions that boost learning and grow confidence?

LbQ@Home is here to help your child keep learning until they are ready to return to school!

- Free to use
- No registration
- No login
- No adverts

KS1	Maths	English		
Year 3	Maths	English	Science	
Year 4	Maths	English	Science	
Year 5	Maths	English	Science	
Year 6	Maths	English	Science	
Year 7	Maths	English	Biology	Chemistry
	Physics			
Year 8	Maths	English	Biology	Chemistry
	Physics			
Year 9	Maths	English	Biology	Chemistry
	Physics			
GCSE	Maths - Foundation	Maths - Higher	Combined Science	Biology
	Chemistry	Physics		

[Learning by Questions Website](#)



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WELLBEING

Free, safe and anonymous online support is available for your child on www.kooth.com - this recommended website can support any pupils with their emotional wellbeing, especially those who might be struggling with the isolation of the on-going COVID-19 pandemic and school closure.



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

On Kooth you can



Chat to our friendly
counsellors



Read articles
written by young
people



Get support from
the Kooth
community



Write in a daily
journal

10

PRACTICAL WAYS TO LOOK AFTER YOUR MENTAL HEALTH



TALK
ABOUT YOUR
FEELINGS



EAT
WELL



KEEP IN
TOUCH



TAKE A
BREAK



ACCEPT WHO
YOU ARE



KEEP
ACTIVE



DRINK
SENSIBLY



ASK FOR
HELP



DO THINGS
YOU ARE
GOOD AT



CARE FOR
OTHERS



SCHOOL NURSE ChatHealth Text Message Service



ChatHealth Messaging Service

Text your school nurse

During these unsettling times, as a young person, you may be worried about your health and wellbeing and be unsure about how to get the help you need.

Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

Young people aged 11-19 years old can send a text to:

07507 332 258

We can help young people with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking

Your ChatHealth messaging service is run by Northumbria Healthcare NHS Foundation Trust and is available 09.30-4.30 Monday – Friday excluding bank holidays.

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

Sunday Services: Live-streamed worship at 9.30am every Sunday morning is available locally with Reverend Dr Susan Ramsaran. All welcome – please request an invitation via phone 220019 or email: smramsaran@aol.com.



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