



The Rowans AP Academy
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Kindness

Commitment

Resilience

3rd February 2021

Dear pupils

I am writing to you all to check-in on your welfare and offer you some reassurance in these unusual and difficult times. We must all remember our core values of kindness, commitment and resilience as they are as important now as they have ever been.

Whether you are learning in school or at home, we are very proud of your efforts and resilience. In school, pupils are learning in family groups, working hard and following all the safety measures in place. At home, pupils have impressed us with their engagement in lessons and online learning. It is important to continue to work hard so when we do all return we can support each other to continue to make progress.

We love to see examples of your work and completed tasks from the enrichment bags which are delivered weekly. It would be lovely if more of you could share photos of your cooking or anything you are doing at home that you would like to share. You can either send these photos to a staff member or share on social media. Follow what is going on in our school community via Facebook or Twitter [@TheRowansAP](https://www.facebook.com/TheRowansAP).

Please don't forget to watch the assembly which is shared online on a Friday. This is a chance for us to share what we have all been up to and to celebrate all the different achievements. Each week we celebrate an in-school and remote learner of the week, if you don't watch, you won't know if it is you!

Continue to take care of yourselves and your families, it's ok sometimes to not feel ok and if this is the case for you then please reach out to one of us. More than ever we all need to stick together and show kindness, one of our core values which you are all very good at. Anyone needing immediate mental health support can text the word "Medway" to 85258. Remember **Kooth** is a mental health and wellbeing online platform for young people aged 11 to 25 across Medway. The service is free and can be accessed at www.kooth.com. It's a place to get advice, information and support 24/7. You can chat to a friendly qualified counsellor Monday to Friday between 12 noon and 10pm and Saturday and Sunday between 6pm and 10pm.

Finally remember that individually you have a part to play in defeating the virus and us all being able to return to a more normal existence. Please keep to the government rules and remember, whilst it is ok to attend school...

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

Please do not hesitate to contact school if you need further support.

Yours sincerely

Mrs F May
Headteacher

