



Week Gone/Week Ahead - 5th February 2021

Centre Academy London

Dear Parents/Carers, Students and Staff,

Next week is the last week before half term and I know that I am not alone in looking forward to the break. We might not be able to get away from it all with a week on a sunny beach but I hope that we will all be able to take some time to relax and rejuvenate. The last month – indeed the last year – has been full of global stress and with this week being Children's Mental Health Week, it is sensible for us all to recognise that mental health can suffer

even at the best of times. So please take the opportunity over the weekend – or over the half-term break – to consider options to help improve your mental health. There are many resources and ideas – for both children and adults – online; two options are linked below:

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

This week our Tuileries Recommends feature is from TM who has shared activities he has been enjoying during lockdown. We are forecast more snow this weekend – so maybe you will follow in his footsteps with a walk in the snow or by building a snowman. Please feel free to share these lockdown memories with your mentors or with me – photos of snowmen are always welcome!

Have a wonderful weekend!
Miss Maddison

Upcoming Dates

Monday 15th – Friday 19th February:
Half Term

Friday 26th March 2021:
End of Term

Student of the Week certificates have been awarded to students this week, who also receive five House Points. Well done to them for their fantastic work, certificates have been emailed to the students and parents or carers have been copied in so that they can share in their child's success.

The winner of the house point competition this week is:

Wandle

Congratulations to them for winning and well done to all students for their hard work over the week.

Tuileries Recommends

TM has shared his experience during the lockdown so far:

During lockdown, I was able to play on my PlayStation. On my PlayStation, I played fun games like Minecraft and Spiderman. Also, I was able to play on my brother's VR headset where I can play games that I got for my Birthday.



My cats have been running around and playing hide and seek with me in lockdown but they also keep fighting which is not nice.

When it snowed we went for a little walk, it's been a long time since I have seen snow. It was really cool but slippery.



By TM