



Hi everyone,

The Student Council newsletter



Happy Term 6!

We have been focusing on what makes us smile! Sounds simple... but making time for hobbies that we enjoy can really boost our emotional health and help us deal with all the change and uncertainty we are facing.

Send in details of hobbies you have enjoyed for our celebratory newsletter next time: lgs.council@Laleham.gap.kent.sch.uk



Secondary Student Council 😊

This week's Council Challenge:

Make someone
smile –
Random Acts of
Kindness!

Kindness during the coronavirus outbreak



Kindness during the coronavirus outbreak



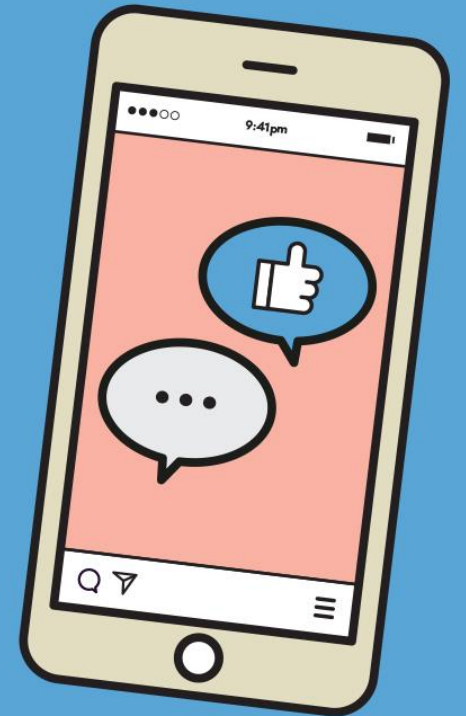
Arrange to watch a film
at the same time as a
friend and video call



Kindness during the coronavirus outbreak



Send a motivational
text to a
friend who
is struggling





Concerns for the Council

The Student Council are here to listen and help find answers to questions or worries you may have.

Just email us at: lgs.council@laleham-gap.kent.sch.uk

Concerns for the Council



“I am exhausted! Going back to school and dealing with so many changes really tired me out!” Anon.

New information and new routines are tiring for staff and pupils.

Do not worry we will all take time to adjust to being back at school.

The new timetable includes time at the beginning and the end of the learning day to reflect on how you are doing and how we can best support one another.

Stay hydrated and take learning breaks when you need to.

Concerns for the Council



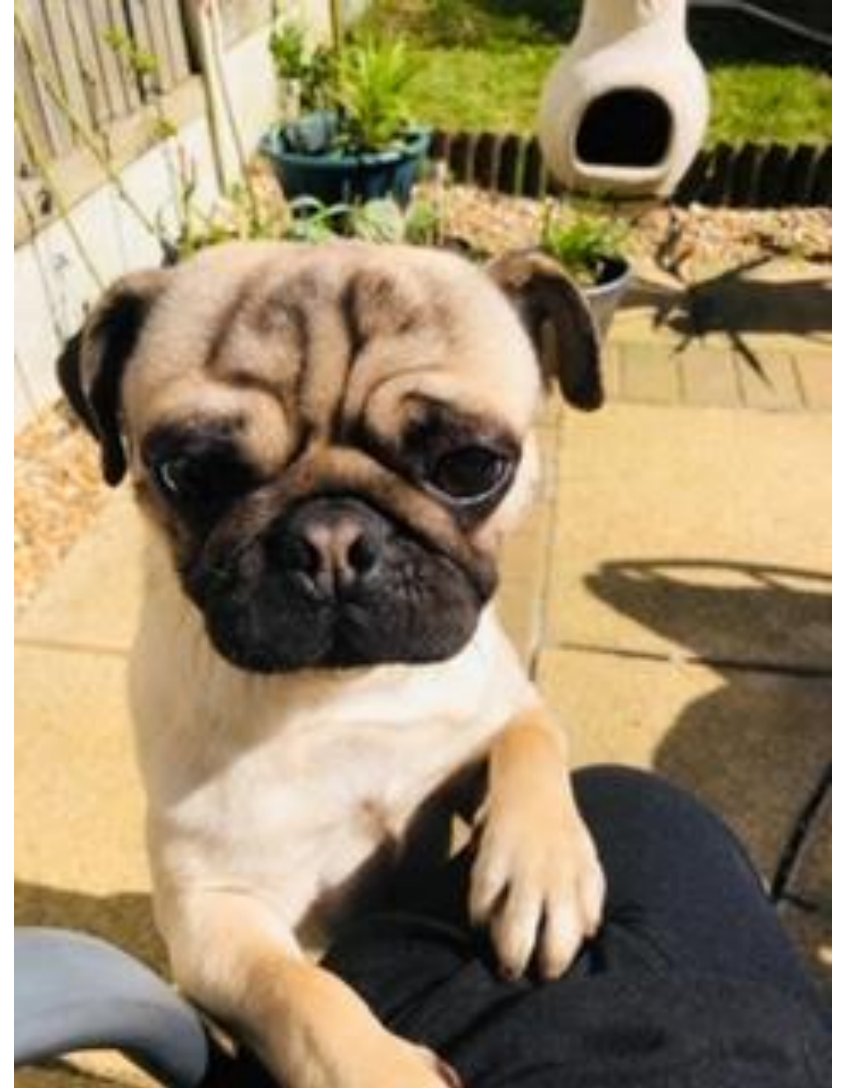
“Even though we’re starting to come out of lockdown now, sometimes I still **feel overwhelmed.”**

Many of us experience feeling overwhelmed from time to time. We might feel tearful or angry. It is normal when we haven’t spent enough time resting or relaxing. What activities put you in the green zone? It might be colouring? Lego? Walking your dog? Make time everyday to properly relax.

If the feeling of being overwhelmed keeps coming back or gets stronger speak to someone. That could be **your family, your class/form teacher or Cathy** at school or visit www.kooth.com. **Kooth** is a mental health and wellbeing online platform for young people aged 10 to 16 across the whole of Kent. It’s free and you can get advice, information and support 24/7. Young people can chat to a friendly qualified **counsellor** Monday to Friday: 12 noon - 10pm or Saturday & Sunday: 6pm - 10pm.

Pets' Corner:

Ms Moore's gorgeous cheeky pug Doug:

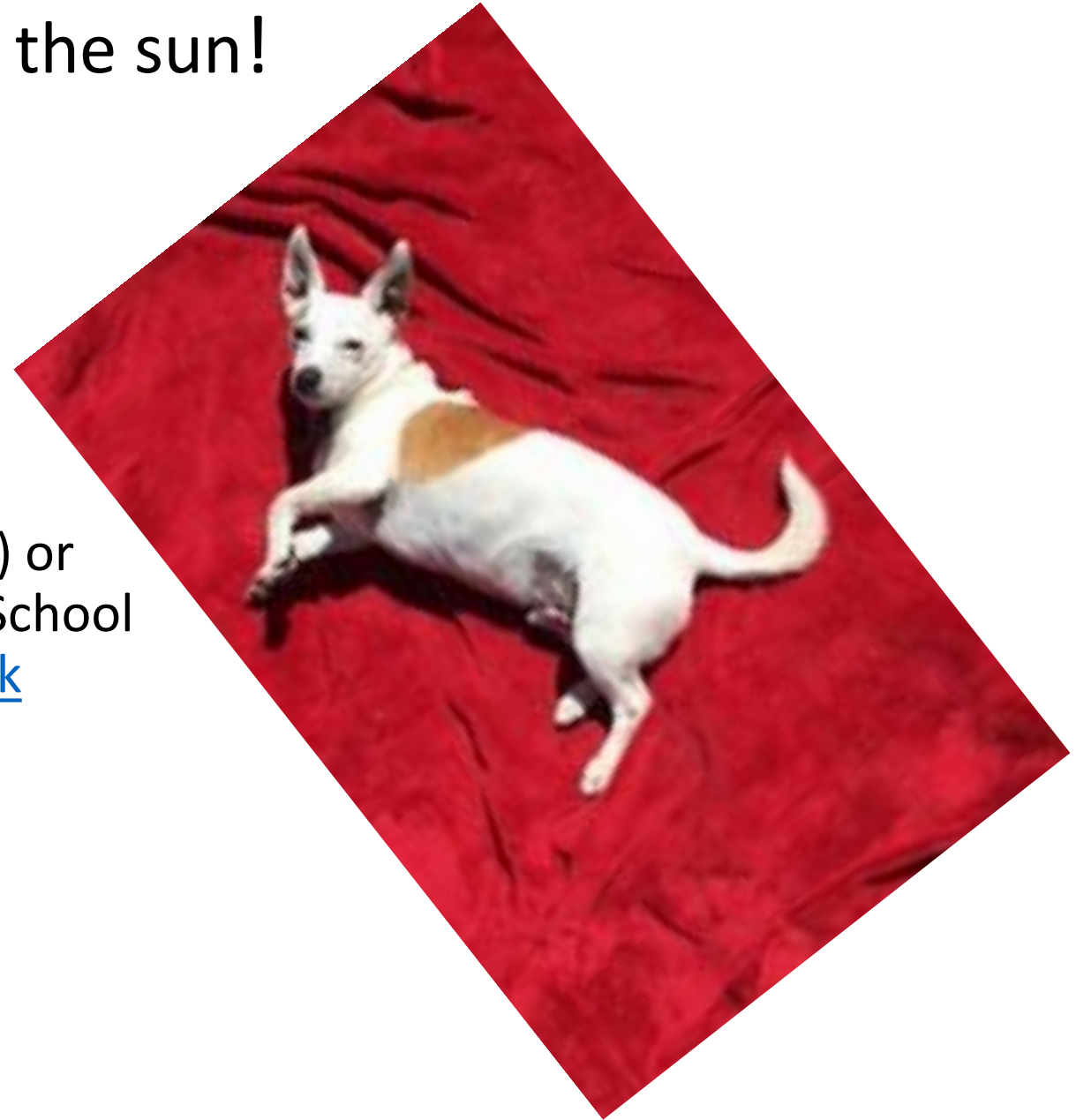


Miss Eastwood's puppy Arlo:



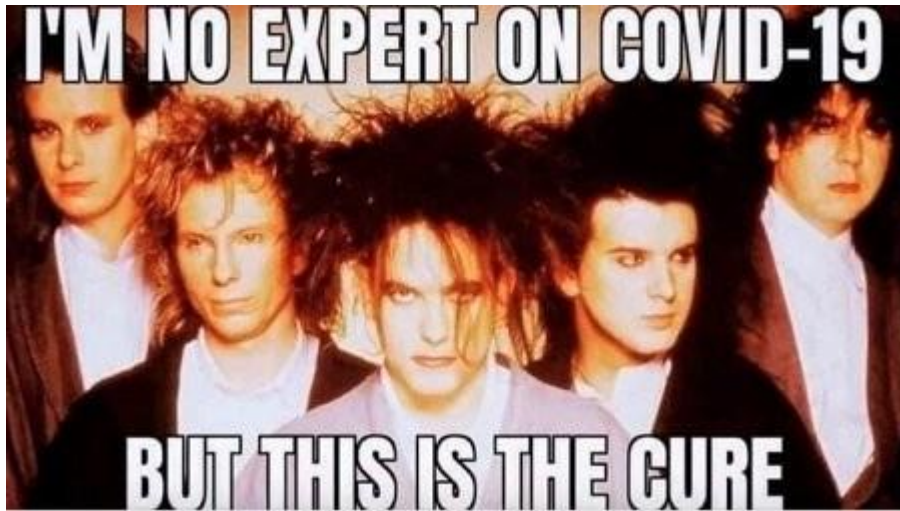
Mr Payne's dog Rupert lounging in the sun!

If you would like to share a photo of your pet(s) or story about your pet(s) just email the Secondary School Council: lgs.council@laleham-gap.kent.sch.uk



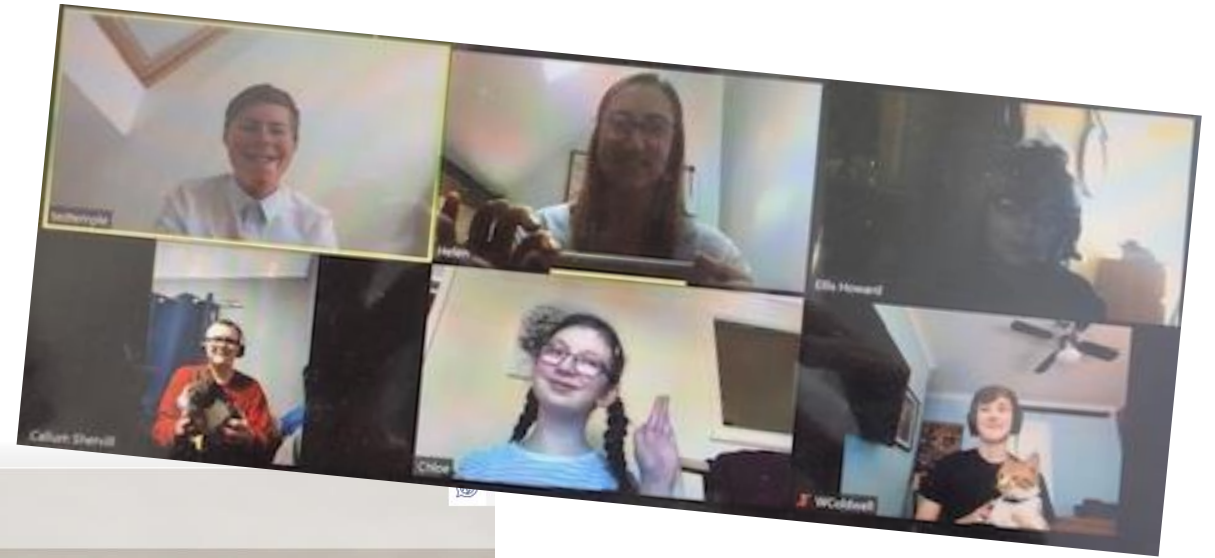
Send in your favourite memes or photos that have made you laugh and kept you sane!

Lockdown Laughs!



Look at the updates on the
'Learning from Home'
section on the school website.

<https://www.laleham-gap.kent.sch.uk/learning-from-home/>



A screenshot of the Laleham Gap School website. The header features the school's crest and name, 'Laleham Gap School', with the tagline 'Learn Grow Succeed'. Below the header is a 'MENU' button. The main content area is titled 'Learning from Home' and includes a breadcrumb trail: 'Home >> Learning and Teaching >> Learning from Home'. A paragraph states: 'This page will hopefully help pupils and parents/carers with some ideas for learning and information needed to be passed on to pupils whilst not being able to attend school.' Below this is a section for 'Accelerated Reader (AR) Logins' with a link to 'click here'. The central part of the page is a grid of icons representing various subjects and departments: Creative Art Department (palette), Computing (laptop), English (book), Food Technology (gear), PE (bat and ball), Learning for Life (sun and clouds), Maths (calculator), Music (musical notes), Primary (rainbow), Science (test tube), Weekly Brain Teasers (star), Wellbeing (sun), and Year 10 BTEC Sport (soccer ball). The background of the website features a large image of school children running on a grassy field.

We'll be in touch again soon.

Final thoughts from Ted:



We're here for you!

And Mrs Jackson:

“There will always be
sunshine after the rain.”

