



King's Academy Ringmer

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Lewes Road

Ringmer BN8 5RB

Dear Parent/Carer/Student

It was always my plan to be in regular contact with you as we approach the beginning of term so yesterday's announcement with regard to face coverings, provides the perfect opportunity to communicate with you today.

East Sussex has an incredibly low rate of Covid 19 infection and transmission and we have taken a number of precautions to minimise any risk, as outlined in previous letters to you. Therefore, as you know, in line with the government guidance, we will not be making the wearing of masks mandatory in any area of the school.

I just wanted to clarify however that, I absolutely recognise that some students will feel more comfortable wearing a face covering in communal areas and I am very happy for them to do so. They will not be worn in classrooms however. Please note, as befitting our uniform policy, these face coverings must be plain in appearance, no logos or motifs, and must be worn appropriately and sensibly. Any student intentionally misusing a mask will be required to take it off.

I will of course continue to review this decision in light of any updated government guidance and any changes in the local situation.

For students who travel on public transport, face coverings will of course be mandatory. Please see here the Government guidance for safe travelling: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

We would also encourage the students to bring hand sanitiser to school for their own personal use. We have supplies in all classrooms and in communal areas, but students again may feel more assured to have their own supply.

I do appreciate, that the return to school is causing stress for some and so I also write today with some further hints and tips on reducing the stress for both student and parents.

Firstly, it is important to remember that the majority of students are keen to get back to school and the routines of learning.

Child psychologist Dr Amanda Gummer says children are resilient and, as long as they know what the rules are, they'll adapt quickly to different scenarios. "Just because school in September might be different to school in January, it doesn't mean it'll have a long-term effect on them".

I always recommend parents start reintroducing routine before the end of the summer holidays. This helps to ease students back into meal and bedtimes that are more in line with when they're back at school – but this year, it's going to be even more important than ever.

If you have let routine slip into being very relaxed, I would be looking to bring things back a good week before the start of term. (start this Monday). Do it gradually, and it'll be less stressful for the whole family by the time term starts and the alarm clock returns!

Talk about school – and focus on the positives.

“in pursuit of excellence”

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Principal: Mrs S. Williams BA (Hons) PGCE



We can't get away from the fact school is going to be a little different this autumn, with this in mind, talk to your child about changes they might experience as much as you're aware of them. "If they look concerned about it all, remember to focus on the positives – the things they'll still be able to do, not just the things that they can't do at the moment.

For Year 7s it is a good idea, if you can, to familiarise your son or daughter with the school again: walk/drive past and talk about the aspects of their new school life that you do know about.

Finally, I have included the link to the government guidance for parents and carers on returning to schools and you will also find an attached leaflet.

<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-in-the-autumn-term>

I look forward to welcoming all our students back on September 7th

Kind regards



Sian Williams

Principal – King's Academy Ringmer

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