



An open letter to all students

Dear Students,

On Friday 8th May we marked the 75th anniversary of VE Day. No one can have any doubt that this date was a historic moment for European nations as they started to emerge from the shadows of war with the hope of a more peaceful future ahead. We will never be able to experience the exact feelings of the people who lived through that day, but we can listen, and we can learn from them. The experience of that generation was, sadly, not unique. Their parents and grandparents had known war, and they too had emerged from that conflict, changed.

The First and Second World Wars were significant events in our past, but how do you decide if an event is important? Christine Counsell is one of the historians who influenced my thinking, and she said that for an experience to be important, it must meet five criteria (she used the 5 R's, as you can see):

- **The event must be remarkable** – widely commented on by people at the time and afterwards.
- **The event must be remembered** – important in the minds of most people after the event.
- **The event must result in change** – things were not the same after it happened.
- **The event must be resonant** – people like to compare things to it because it was a big part of their life.
- **The event must be revealing** – it was an event that or showed other things about our society and the world.

Although all events are different, I would be interested to know how you feel about this list and your own experiences. You may think that you are living through a historical event right now and I would have to agree with you. The changes that you have experienced in just a short space of time have been the greatest that I have seen in my lifetime. You are incredible young people living through an extraordinary event.

Despite being incredible people, I wanted to write to you to let you know that it is normal to feel tired, stressed, or anxious during the lockdown. I promise that I have felt like this too and I have had plenty of bad days. It is also fine if you have had days where your routine has just not worked, you have fallen behind on homework, or you have started the weekend early. There is no need for guilt. Try your best to set a routine, take the pressure off and work in a way that makes sense for you.

I want you to invest in yourself over the coming week and think about your mental health. There are some excellent tips for managing the challenges that you are all facing here through **Young Minds** charity which you might want to consider adding to your weekly routine if you have not done so already:

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

I have not said this enough, but I want you to know that I am very proud of you and particularly those of you who continue to work hard during the closure. You are still all part of a school that believes in you and wants you to do well. I want you to know I have been busy planning new learning grids, hiring fantastic new staff who want to join our school and organising plans for refurbishments over the summer. I am making plans for what happens next, and I promise that you will have the hardest senior leadership team in your corner to help you through this. We are all part of the same team; I will not let you down. When we have announcements to re-open, please be assured that I will let you know.

I would love to see what you are doing to invest in yourself and your mental health. You can share this with us through email khstars@kingshurst.tgacademy.org.uk or on Twitter (@TGAKingshurst). In the meantime, be prepared with a routine, be kind to yourself and work hard when you can.

Yours faithfully,

Mr Turner

Executive Principal