



16 December 2022

Dear Parent/Carer

Thank you for your support and understanding over what has been a complex week, it is very much appreciated. This end of term letter is hopefully concise as most of the news and events of the last term are to be found in the latest edition of Headlines, there is a huge amount to celebrate within this edition that students have taken part in and achieved. This also has the diary dates for next term: <https://www.heathfieldcc.co.uk/?p=2283218>.

We include below a few signposts for the holiday period which you may find helpful.

### Cost of Living Support

We are all finding things difficult at the moment and there is value in sharing support where it is available. We remind parents of the measures being taken by the College to support families at this time which was sent out on [7 October](#). In addition, there is a range of support that might be accessible from East Sussex: <https://www.eastsussex.gov.uk/community/cost-of-living-support>

### Online safety

Last week our assemblies focused on the Human Rights of free speech in the context of social media. Specifically, that in using our voice we still have a responsibility to be respectful and fair. Those who we talk to or about equally have a right to privacy and to be treated respectfully.

Over the Christmas period when there is more free time and possible use of social media, here are some useful things to consider:

- Encourage a balanced view of the “perfect lives” being portrayed by others online over Christmas and the impact that has on our own perceptions and mental health.
- Be aware of group chats your son/daughter has been added to and what Apps they are using.
- Discuss how to avoid being drawn into unkind discussions or how to avoid posting when upset.

### Well-Being

If you are at all concerned about your child’s wellbeing at this time over the holidays please use the signposting from our website where there are experts available on a range of topics. A good starting point is [Young Minds](#).

Finally, I wish you all a very sincerely Merry Christmas and a Happy New Year. I hope your festive break is peaceful and enjoyable. We look forward to seeing all the students again on Tuesday 3 January 2023.

Yours sincerely

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Headteacher



Distinguished School



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