

Dear parents and carers

I hope you and your family are well. You may be interested in the following competitions and challenges to occupy your families during the lockdown.

### **1. Re-launch of the '30 Day What's Up Challenge'? Campaign**

The Source has re-launched its '[30 Day What's Up Challenge](#)' campaign. Throughout April and May on their website and Facebook page, they are posting daily feel-good challenges for young people to complete with friends and family. The Challenge is based on the '*Five ways to wellbeing*' which are known to support your mental health.

### **2. The Art of being 2 metres Apart! - Time Capsule Competition**

The Engagement Hub, part of SCC's Children and Young People's Services has launched a time capsule competition with [Suffolk Archives and The Hold](#) to capture the moment in history when a virus called Covid-19 came to town and changed daily life as we know it.

There are two age groups: 5-11 years old and 12-19 years old (up to 25 with SEND). The creative work submitted will be exhibited later in the year, and there is a £30 voucher for the winner of each category and age group. The deadline for entries is 1 September 2020.

For more information visit the [Time Capsule page on The Source website](#).

### **3. Cyber security agents**

[New virtual cyber school gives teens chance to try out as cyber security agents from home](#)

I received this via the Department for Education this week. It looks fascinating.

*'Thousands of young people are being offered the chance to join a [virtual cyber security school](#) as part of plans to make sure the country develops the next generation of professional cyber defenders.*

*Teens can learn how to crack codes, fix security flaws and dissect criminals' digital trails while progressing through the game as a cyber agent. This will help them develop important skills needed for future jobs, particularly in cyber security.'*

### **Suffolk Families magazine**

You can download the latest edition [here](#).

### **Paris trip**

We have received a number of enquiries this week about the planned Paris trip. Please do not make any further payments for the time being. We are establishing the way forward with the tour operator, and will update you as soon as possible. Please accept my apologies for the continued uncertainty.

## Covid-19 testing

SCC has informed me that tests for children (5-18 years) can now be booked on [the national portal](#).

Finally...

Mrs Burns, the school librarian discovered this bookcase, which I thought I'd share with you!

My best wishes to you all

Peter Whear  
Headteacher

