



# Alexander Road High School

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Dear Alex Family Members

## Mid-summer and mid-winter in the same week

I hope that you are one of the lucky few who have managed to dodge the various flus, colds and Covid-19 bugs that seem to be doing the rounds in the town this week. If you are not, then I wish you a speedy recovery and a mild set of symptoms. The wild swing in temperature this week probably did not do much to help prevent your body from being vulnerable.

The near manic pace that was experienced in the run-up to, and during the show does not seem to have dissipated much this week. We are all holding out for a change in pace next week when we get to work more deliberately on writing exams.

My thanks go to all the parents and guardians of the cast and crew for the show. You have diligently spent so many late evenings in your car, waiting for rehearsals and performances to end. We could not have had the success that we had without your patience.

Thanks, and congratulations to everyone involved in the show this year. We played to sold-out performances and rave reviews. I am sure that anyone who saw it will agree that it was a spectacle and truly deserving of our admiration.

We are in full exam mode from Monday. The timetable was sent to your inbox and is also available on our website <https://bit.ly/3ySusUP>

We do not expect anyone to be at school if they are not writing an exam. If you would like to send them to school on non-exam days, please let me know so that we can accommodate them.

If your child is sick enough to miss the exam, please take them to a clinic or a pharmacy or a doctor to get a medical certificate. Please contact us to let us know not to expect them. If your child tests positive for Covid, then that test will be acceptable as a medical certificate to allow us to generate an assessed mark for the missed exam.

We do not have any quarantine facilities for the exams so we cannot accommodate anyone who is sick and Covid positive.

As with all exam sessions, please make sure that a healthy diet wins out over snacks and sugar. Protect study time and make sure that a sensible place in your home is available for them to study. The distraction of phone notifications might need to be regulated. Please keep an eye out for signs of excessive anxiety or depression that

could creep into the lives of our children in a rather insidious manner. Regular checks on disposition and confidence levels are essential along with fostering an open communication channel with them.

We have updated the calendar of school events. Please find version 3 here:

<https://bit.ly/3Py4gVp>

Congratulations to our DanceSport team who won the inter-schools' trophy for the 5<sup>th</sup> year in a row, last weekend. Special mention must be made of Siphosetu Qoza and Inga Barnado, who won the Latin Dancing Trophy.

We wish all our sports teams the very best for the games today and tomorrow against Westering. If you have the time to join us tomorrow to support the teams, we would love to see you.

Please remember our table of sharing and the cooking oil collection.

Please keep yourself and those you love safe this week

Yours in education

A handwritten signature in black ink, appearing to read 'Matthew Ridgway', written in a cursive style.

Matthew Ridgway  
Principal