



Executive Headteacher: Mrs L. A. Gwinnett

Thursday 9th July

Dear Parents,

Daily Update – Thursday 9th July

Face-to-Face Meetings

Keeping Fit and Healthy

This week, Personal Tutors have been continuing to talk through strategies with students to help them get the most out of the remote learning that staff are putting in place so they are better prepared for a full return to school in the Autumn Term.

With the face-to-face meetings already in place and Face-to-Face PLUS+ now providing additional and more bespoke support for our students, we are seeing increasing numbers of students coming in to school and sharing with us their experiences. The advice and guidance from our staff has covered a large and varied range of issues, but a repeating one has been the importance and challenge sometimes of keeping fit and healthy.

We have in recent weeks touched on the importance of sleep and diet in staying mentally and physically fit and today's update covers the importance of exercise and physical activity.

What are the key messages?

We are recommending, in line with NHS guidance, that students do two types of **moderate intensity** physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

In addition, and where possible, we recommend:

- reducing the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day.
- this will help students to be able to:
 - (i) aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.
 - (ii) take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

Why is exercise so important?

The NHS advises that regular exercise can reduce the risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and also lower the risk of early death by up to 30%.



It is no secret that being physically active can help us lead a healthier and happier life with research showing that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression, dementia and Alzheimer's disease.

Activity above moderate level intensity is called a **vigorous intensity activity** and can bring health benefits over and above that of moderate activity.

Students will be able to tell when it's vigorous activity because they'll be breathing much harder and faster, and their heart rate will have gone up quite a bit.

Some of the problems facing students across the lock-down period

It will be inevitable that since March, students will have been moving around less and burning off less energy than they will have been used to. Research suggests that spending more than 7 hours a day sitting down is bad for your health.

The challenge for parents is to encourage and be successful in increasing the types of physical activities that fit in with periods of time at home engaged in remote learning or other sedentary activities.

Sitting for long periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat.

The UK Chief Medical Officers' Physical Activity Guidelines report recommends breaking up long periods of sitting time with activity for just 1 to 2 minutes.

For teenagers, reducing sitting time can include anything that involves moving in and around the home or outdoor spaces close to home.

Tips to reduce sitting time include:

- considering ways for your children to "earn" screen time
- agreeing a family limit to screen time per day
- making bedrooms a TV, computer/laptop and phone-free zone
- setting "no screen time" rules to encourage other activities
- encouraging participation in house chores such as setting the table or taking the bins out

Good Luck!

A reminder on additional reasons to ring/email us

It may be that you have considered ringing/emailing us but you are not sure if you should, or you don't want to put on us. If it helps, here are some of the reasons that parents are currently ringing/emailing:

- Log ons/passwords for online learning
- Support with pastoral issues in the home
- Issues and queries with online learning
- Flagging up safeguarding/mental health concerns
- Advice about how to support/motivate your children with their learning
- Just to talk to us, for advice or for another human adult contact.... which we are more than happy to do
- Free school meal vouchers/grocery box issues/enquiries

Should my child be in school full time?

We are still committed to supporting where we can so if you think your child needs to be in school please consider the following criteria:

- You are a critical worker, or you are now required to go into work because you can't easily work from home, you have nobody in the home to ensure your children are suitably supervised and you are concerned about their vulnerability at home alone
- Your child would benefit from additional support to access learning due to their special needs or other significant difficulties in engaging in and/or completing the work set
- You are concerned that your child's mental health is being affected by their absence from school
- You have any other safeguarding concerns and you feel these would be minimised if your child were in school

What we have in place every weekday when school is open:

- Open every weekday with a staffing rota between 8.30am and 4.30pm to support the learning of the children in school. We understand that this may change daily due to shift patterns so just keep us informed as the need arises/changes
- Keep in regular, close contact by phone with vulnerable children and their families, and provide tutor contact with other students and their families as appropriate
- Provide on-line Home Learning resources, links and updates so you can keep your children mentally and physically active at home.
- Where possible, deliver learning packs to those without internet access or equipment to engage in online learning.
- Be on the end of the school phone and address any concerns or queries you might have between 8.30am – 4.00pm weekdays.
- Deliver food parcels to those in most need on a fortnightly basis. Please don't hesitate to contact us and when you may be in need, whether through financial hardship or self-isolation, without other help at hand.
- Provide free meals for the staff and students in school, in a clean environment, observant of social distancing and other safety guidelines.
- Manage the provision of FSM vouchers

With best wishes,

Mrs Gwinnett (Executive Head and Trust Lead) and all of us in the Trust and at School

Stay safe