

Remote Learning for Parents- 'we're in it together!'

Congratulations on getting through the first weeks of school closure and thank you for all your efforts in getting used to remote learning. We know this is not easy and that every family has its own challenges. We're very grateful for all your support through these difficult times. Please know that we're 'in it together' and that if you are struggling, do not hesitate to contact us at school (0152432636).

Here are our top 5 online teaching/ home learning reminders for parents:

1. Things will go wrong in the early days, but please stick at it. Our remote learning will be delivered via our Class Charts app and distributed by email to the pupils' Office365 email account. If you need help with Class Charts please contact us or visit our web site <https://www.lancasterhigh.lancs.sch.uk/home-learning>

If you need a password reset or are unsure of your school e-mail address please contact the school in one of the following ways (9.00am - 3.00pm, Monday to Friday):

Email – help@lancasterhigh.lancs.sch.uk Telephone – 01524 32636

2. Try to stick to a routine. We are following a home learning timetable which is also available on the school website. Print it off and stick it on the fridge door! It is not essential that your child sticks to these timings – but they should complete the lessons on the day set wherever possible. Talk to them at the end of the day about what they have completed and check that they have submitted their completed work to the teacher using Class Charts or their school email account.
3. We need to work together. We'd really appreciate your help in making sure your son or daughter 'goes to school' each day and is fully focused on their learning. Make sure they log onto Class Charts and their school email account every morning and use the timetable to help them plan their day. If they have questions regarding the work or do not understand what they have to do, they should email the teacher using their school email account.
4. We will continue to reward students for completing their home learning via reward points on Class Charts and will also be setting house challenges for you to complete as individuals or as a family. A school is made of the students and staff – not the building.
5. Caring for your son or daughter's mental health and well-being over these coming months will be really important. Online learning will lead to an increase in screen time and this needs to be countered with structured 'offline' activities. You may also find the websites below useful places to turn to for support:

Pupils/parents can still email their House Tutor; SEND Keyworker; Head of House

Safeguarding Lead: Victoria O'Farrell victoria.ofarrell@lancasterhigh.lancs.sch.uk

Deputy Safeguarding Lead: Lee Mackie lee.mackie@lancasterhigh.lancs.sch.uk

Other support organisations:

Elizabeth Atkinson (School Nurse): Health & Wellbeing advice 0300 247 0040 Option 2

We Are With You (formerly Young Addaction) <https://www.wearewithyou.org.uk>

PAPYRUS is the national charity dedicated to the prevention of young suicide <https://papyrus-uk.org>

A.C.E 18 Sun Street Lancaster 'Pop In' Mon:10-19 year old 7pm-9pm & Wednesday :10-19yr old 5.30-7.30

<https://a-c-e.org.uk>

Anna Freud (National Centre for Children and Families) <https://www.annafreud.org/what-we-do/anna-freudlearning-network/coronavirus/>

Youth Work Support <https://youthworksupport.co.uk/young-people/>

Think You Know: Online Safety Home Activity Packs

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

NSPCC: Talking to a child worried about coronavirus (COVID-19)

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Additional learning resources:

From 20th April there will be lessons on BBC iPlayer and the Red Button service will host Bitesize Daily. Find out more here: <https://www.bbc.co.uk/bitesize>

For younger family members:

<https://hungrylittleminds.campaign.gov.uk/>

<https://literacytrust.org.uk/family-zone/>

<https://literacytrust.org.uk/blog/ways-to-keep-your-childs-reading-up-while-schools-are-closed/>

We appreciate that these are difficult times for you and your family. By following the home learning timetable and completing the work set, you are making our job easier and ensuring your child gets the best education they can at this time.

We want to say thank you!