

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

Congratulations on getting through the first couple of weeks and thank you for all your hard work getting used to remote learning. It's been a challenge for all of us, pupils, parents and teachers but together we can do this, we're in it together!.

Here are our top remote learning expectations for pupils:

1. School continues. Your education is important, and you can't afford to let your learning slide. Well done to those students who're already regularly checking and engaging in their remote learning. We know things go wrong from time to time, but we expect you to log into ClassCharts and your school email account every morning using your school username and password.

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. We're following a home learning timetable, which is available on the school website, so print it off and stick it on the fridge door! Be organised – structure your day and create a productive, distraction free workspace. Remember trying to process multiple stimulus like your work, tv/music and social media will lead to cognitive overload where your brain will struggle to process everything.
3. When you have completed your work remember to submit it to your teacher – that way you can get reward points for completion and feedback about how to improve. You can either submit the work via ClassCharts or email it to your teacher from your school email account. If you have completed the work on paper, take a photograph of the completed piece(s) and email that.
4. When emailing your teachers remember the following -
 - a. Only use your school email address
 - b. Only email during school hours and don't expect an instant response
 - c. Emails should be written in full sentences (not like a text message) and have a formal beginning and end (Eg. Dear Mr. Smith or Good morning Mr. Smith)
5. Health is wealth. Look after your health and well-being. Get up and dressed at the same time that you normally would for school, have a structure and purpose to each day. Online learning will lead to an increase in screen time and this needs to be balanced with structured 'offline' activities so don't stay online during breaks in lessons.

You may also find the following useful places to turn to for support:

You can still email your House Tutor; SEND Keyworker; Head of House;

Mrs. O'Farrell victoria.ofarrell@lancasterhigh.lancs.sch.uk

Mr. Mackie lee.mackie@lancasterhigh.lancs.sch.uk

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

If you are worried about your own safety or that of another child's, you can contact the National Society for the Prevention of Cruelty to Children: <https://www.nspcc.org.uk>

Get help and advice about a wide range of issues, call 0800 1111, to talk to a counsellor

Advice about being safe online: <https://www.thinkuknow.co.uk>

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) 'Pop In' 10-19 yrs. Mon 7pm-9pm & Wed 5.30pm-7.30pm <https://a-c-e.org.uk>

Anna Freud <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

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

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>