

Friday 22nd January 2021

Dear Parents and Carers,

As we move into Week 4 of this half term, we continue to be amazed and inspired by the commitment of our school community to their distance learning. We are thrilled at the consistent effort of our students on their live lessons and want to say thank you for all the support you are providing to your child.

In this week's letter, we want to inform you about some flexibility within the timetable and provide you with some important digital safety and behaviour expectations.

We have provided live lessons because we recognise the value of teacher explanation, instruction and feedback in real time. We also acknowledge the importance of daily connection and peer interaction for student wellbeing. However, we recognise the challenges of being in front of a screen for long periods of time. So, we have reviewed aspects of the provision to address some of these challenges and bring some flexibility to the timetable.

- All lessons are cut down to a maximum of 50 minutes with a 10-minute comfort break built in. Students are encouraged to use this time to take a break from the screen, take a walk, get some fresh air and get refreshed.
- The 'Happy' section of the Distance Learning page on the school website details a range of wellbeing activities that we encourage all students to engage with.
- All lessons are saved in Class Materials in each Class Team to provide some flexibility of student access.
- Home learning this half term will include 'off-line' activities to reduce screen time.








Details of some flexibility within some subject areas are below:

Year 10	Live Lessons	Flexibility
	Most Subjects	<p>PE – Pick and Mix PE Menu – Couch to 5K, Cycling, HIIT, Yoga, Step, Golf skills, Football manipulation, Low weight resistance. This can be accessed at any time.</p> <p>RESPECT – A pre-recorded short session which leads students onto a project-based activity which can be accessed at any time.</p> <p>English - Reading Lesson-Friday 11-12pm. Teacher will start the lesson, but off-screen reading will be encouraged.</p>

Be Ready, Be Respectful, Be Safe are the three school rules and we wanted share with parents the messages we are sharing in assembly about our expectations about our students' digital code of conduct:

DIGITAL CODE OF CONDUCT



<h2 style="margin: 0;">BE READY</h2>  	<ul style="list-style-type: none"> • I WILL SET MY ALARM FOR A NORMAL SCHOOL DAY • I WILL LOG INTO MY ASSEMBLY EVERY DAY AND PLAN MY DAY AHEAD • I WILL HAVE A PEN AND PAPER WITH ME AT ALL TIMES • I WILL HAVE A DRINK TO STAY HYDRATED AND FOCUSED • I WILL HAVE ANY ADDITIONAL BOOKS OR RESOURCES TO HAND • I WILL ANSWER QUESTIONS AND CONTRIBUTE TO THE LESSON WHEN ASKED
<h2 style="margin: 0;">BE RESPECTFUL</h2>  	<ul style="list-style-type: none"> • I WILL TREAT ALL STAFF AND THE OTHER STUDENTS IN ALL OF MY LESSONS WITH THE SAME AMOUNT OF RESPECT THAT I WOULD HOPE TO RECEIVE • I WILL USE CHAT APPROPRIATELY TO ASK FOR HELP AND TO ANSWER QUESTIONS. • I WILL FOLLOW THE LESSON, CONTRIBUTE AND GIVE 100% EFFORT • I WILL VALUE OTHER VIEWPOINTS AND RESPECT OTHER PEOPLES' OPINIONS
<h2 style="margin: 0;">BE SAFE</h2>   	<ul style="list-style-type: none"> • I WILL TAKE RESPONSIBILITY FOR HAVING A SECURE PASSWORD FOR ALL OF MY LOGINS THAT I WILL CHANGE REGULARLY • I WILL NOT SHARE MY PASSWORD • I WILL CONTACT MY HEAD OF YEAR OR THE SAFEGUARDING TEAM IF I AM WORRIED, ANXIOUS OR STRUGGLING TO COPE.

We hope you have a pleasant weekend.

Kind regards,
Chorlton High





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through
impact

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 National College for
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