

**ROCK  
STEADY™**

# BACK TO SCHOOL GUIDE

“ I have been impressed and delighted by how Rocksteady has been able to support our children with vital social and wellbeing activities, including a return to lessons in July, during this very strange Summer term. ”

**Stuart Allen, Headteacher at Mile Cross Primary School,  
July 2020**



**HYGIENE – WE’VE  
GOT IT COVERED**



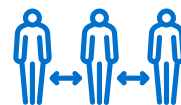
PUPIL & STAFF HYGIENE

+



INSTRUMENT HYGIENE

+



SOCIAL DISTANCE TEACHING

+



WORKING WITH YOUR SCHOOL

=



MUSICAL FUN & LEARNING

# KEEPING EVERYONE SAFE

This guide sets out how Rocksteady have adjusted to **Government guidance** and includes our updated health and safety policy. We've been back safely delivering lessons in schools since July, helping boost the children's confidence and offering the extra support they need during their transition back to school. Since every school is different, we're on hand all through summer to help adapt this guide to fit your school environment.

**[schools@rocksteadymusicschool.com](mailto:schools@rocksteadymusicschool.com)**

**0330 113 0401**

**7th August 2020**



## GOVERNMENT GUIDANCE \*

## ROCKSTEADY LESSONS

### SCHOOL BUBBLES



- Schools may keep children in their class groups for the majority of the classroom time, but also allow mixing into wider groups for specialist teaching.
- If it is not possible to maintain bubbles being used during the school day then schools should use small, consistent groups.

- ✓ With your help, Rocksteady bands will be made up of pupils within the same year group or Key Stage bubbles.
- ✓ We'll be flexible to keep the same children in the bands, closely following your schools policy.

### TEACHING SPACE & CLEANING



- Maintain distancing from pupils and other staff as much as possible.
- Ideally, adults should maintain 2 metre distance from each other, and from children.
- Resources that are shared between classes or bubbles, should be cleaned frequently and meticulously and always between bubbles.

- ✓ Rocksteady Staff will follow social distancing guidelines with your school staff and pupils. Sometimes this may be difficult because of your school environment or emergency situations. If that's the case, time spent within 2 metres will be at a minimum.
- ✓ All Rocksteady Staff will wash their hands when arriving and leaving your school, as well as frequently during the day. They'll also carry hand sanitiser to use when washing their hands is not possible.
- ✓ Your pupils will be asked to wash their hands before their band practice. Plus, we'll disinfect all our instruments with alcohol wipes between lessons and when needed throughout the day.

### SINGING



- Schools should consider how to reduce the risk, limiting group sizes to no more than 15, positioning pupils back-to-back or side-to-side.

- ✓ A Rocksteady band has a maximum of 9 children across all instruments with a maximum of 2 singers.
- ✓ If a band has more than one singer, they'll be positioned facing away from everyone at opposite ends of the band. They'll also both have a microphone so they can sing quietly but still be heard.

### BROAD CURRICULUM



- In Key Stages 1 and 2, the curriculum should remain broad so pupils are taught a full range of subjects including the arts.
- Schools should consider pastoral and extra-curricular activities to all pupils designed to: support the rebuilding of friendships and social engagement and improving physical and mental wellbeing.

- ✓ Rocksteady promotes wellbeing, helping children become more confident, build friendships, enhance resilience and focus on behavioural skills.

Source: \*DfE Guidance for full opening: schools. Published 7th August 2020

[www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools](https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools)

# BOUNCE BACK STRONGER WITH ROCKSTEADY!

- Music plays a key role in helping your pupils bounce back after a long absence from school.
- Many children will have experienced a range of emotions recently: anxiety, stress, reduced social confidence and low mood.
- Did you know you also have access to additional workshops, assemblies and livestreams to help support all of your pupils? Email [schools@rocksteadymusicschool.com](mailto:schools@rocksteadymusicschool.com) to find out more.

## RETURNING TO ROCKSTEADY LESSONS WILL HELP YOUR PUPILS:

### BOOST WELLBEING

Playing an instrument is medically proven to reduce anxiety and promote emotional wellbeing. This will have a big impact on how much your pupils enjoy school and how well they perform as they settle back into a regular routine.

### REBUILD FRIENDSHIPS

Friends play an important role in children's emotional development. Inclusive band lessons encourage collaboration and friendship, which supports the children as they work towards a common goal as a team. It is also a chance to have fun and re-connect with friends or make new friends outside of the classroom.

### INCREASE SOCIAL ENGAGEMENT

After being apart, music can play an important role in allowing your pupils to safely socialise together. Plus, playing in a band helps children boost their social skills, develop empathy and improve resilience.

### EXPRESS EMOTIONS

With the support of trained Rocksteady staff, lessons are a creative outlet and can be a safe place for your pupils to express difficult emotions and explore their feelings. Being part of a band can also help children develop their own identity, which is an important step in building self-esteem.

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### FINE-TUNE ACADEMIC SKILLS

Playing an instrument is scientifically proven to stimulate both sides of the brain at the same time. Research shows this brain work-out significantly increases memory, literacy and numeracy.



Schools are doing an amazing job to support pupils during difficult circumstances. Get in touch with our school champions to find out more about the links between music, wellbeing and progression and how we can help you: 0330 113 0401 [schools@rocksteadymusicschool.com](mailto:schools@rocksteadymusicschool.com)

# PUPIL PREMIUM – MORE IMPORTANT THAN EVER BEFORE

School closures are likely to have had a major impact on vulnerable, SEND, disadvantaged pupils and young carers. We will help support your pupil premium strategy so the children can enjoy the wellbeing benefits music brings, such as boosting resilience, emotional literacy, motivation and academic performance.

“ Rocksteady provide an engaging opportunity for children to develop some of their fundamental learning skills. Not only do they have opportunities to play incredible instruments, but through the sessions they are building their listening skills, cooperation and resilience. It is a fantastic way to really engage the children and strengthen all areas of their cognitive development. ”

**Louise Minter Head – Streetsbrook Infant School**



**Don't forget your school can also use your free bursary place to support a pupil of your choice.**  
Get in touch to find out more: **0330 113 0401** [pupilpremium@rocksteadymusicschool.com](mailto:pupilpremium@rocksteadymusicschool.com)





# ROCKSTEADY IN-SCHOOL SOCIAL DISTANCE AND HYGIENE POLICY 2020

Everyone at Rocksteady Music School is committed to creating a 'culture of safety', whereby the health and safety of your pupils, your school team and our staff is our number one priority. Band practice has an important role to play in both the wellbeing of the children, and in supporting your pupils through this tough period of transition. All our lessons will be delivered in a safe, controlled and fun way.

This policy is for you and our staff to use as a plan to outline how we've adapted our lessons to follow social distancing and hygiene measures. The guide is split into five categories:

- 1. Social Distancing in Schools**
- 2. Social Distance Teaching**
- 3. Staff Hygiene**
- 4. Pupil Hygiene**
- 5. Instrument Hygiene**

Rocksteady Music School will follow all the current government guidelines, so we will review this guide whenever we receive new information. We know all schools have unique challenges and opportunities, so we'd like to hear from you if this guide doesn't fit your school environment. This guide is the minimum and mandatory measures we'll be taking, and serves as a starting point for discussions with you.

This policy also lists the extra things we'd like to do if practicality and your school environment allows it. We will talk to you about these school-specific measures before we come back in. Please note, we will only re-commence lessons once we've checked this policy and a restart date with you.

Exceptions to this policy will be made on a case by case basis for any of your pupils who have individual needs. We will agree those in writing with you.

## 1. SOCIAL DISTANCING IN SCHOOLS

Rocksteady recognises its responsibility to maintain current social distancing measures in schools.

Teaching staff and managers will maintain social distancing measures whilst at school and recognise that, due to the practicalities of school environments and their pupils, there may be times where it is impractical to do so or in the case of an emergency. In this case staff will agree with the school an appropriate course of action.

These are the measures Rocksteady teaching staff and managers will take:

### MANDATORY MEASURES

- We will avoid physical contact with other members of the school staff e.g. handshake.

### ADDITIONAL MEASURES

- Where possible, set up Rocksteady's instruments and equipment so that the pupils are two metres apart e.g. in a hall or large classroom.
- Where possible, maintain a two metre distance between other staff and pupils in a lesson.
- Where there are two vocalists in a band, position the pupils at either end of the group.
- Where possible, avoid physical contact with pupils e.g. high fives.

## 2. SOCIAL DISTANCE TEACHING

Rocksteady recognises its responsibility to maintain social distancing measures whilst teaching a Rocksteady lesson.

Teaching staff and managers will maintain social distancing measures whilst at school, and also recognise that, due to the practicalities of school environments and their pupils, there may be times where it is impractical to do so or in the case of an emergency. In this case staff will agree with the school an appropriate course of action.

These are the measures Rocksteady teaching staff and managers will take:

### MANDATORY MEASURES

- Rocksteady staff will remind pupils of the social distancing rules at the beginning of, and throughout each lesson.

### ADDITIONAL MEASURES

- Where possible, set up Rocksteady's instruments and equipment so that the pupils are two metres apart e.g. in a hall or large classroom.
- Where possible, maintain a two metre distance between other staff and pupils in a lesson.
- Where there are two vocalists in a band, position the pupils at either end of the group.
- Where possible, avoid physical contact with pupils e.g. high fives.

### 3. STAFF HYGIENE

The safety of Rocksteady staff, pupils and schools is our top priority. Rocksteady understands the importance of the heightened personal hygiene measures currently in place and has taken the following measures in response to the Government guidance.

In addition, Rocksteady has provided hand sanitiser and alcohol wipes to all teaching staff and managers for use while on school premises. It's the responsibility of Rocksteady to ensure they restock their hand wash and alcohol wipes in good time.

Face coverings have also been provided should they be required or requested by the school and Rocksteady staff will be regularly reminded of public health advice and to dispose of any PPE and alcohol wipes responsibly.

If a Rocksteady staff member begins to develop symptoms, they are to immediately follow the government Track and Trace guidelines and inform Rocksteady's Head of HR.

These are the measures Rocksteady teaching staff and managers will take:

#### MANDATORY MEASURES

- All Rocksteady staff will follow the Government advice on washing their hands at the following points throughout the day (if hand washing facilities are unavailable, Rocksteady staff will use their prescribed hand sanitiser):
- Upon arrival at a school.
- Upon departure of a school.
- If teaching at a school for a whole day, once after and once before their morning and afternoon teaching times.
- After coughing or sneezing (which should be covered/caught with a tissue where possible and disposed of appropriately).
- Any time they feel necessary throughout the day.

#### ADDITIONAL MEASURES

- Where required, Rocksteady staff will wash their hands at additional times throughout the day.

### 4. PUPIL HYGIENE

The safety of Rocksteady staff, pupils and schools is our top priority. Rocksteady understands the importance of the heightened personal hygiene measures currently in place and has taken the following measures in response to the Government guidance.

#### MANDATORY MEASURES

- All pupils will wash their hands in accordance with government guidelines before and after a Rocksteady lesson. To help make this easy and fun, Rocksteady provided all its schools with an original Handwashing Song in June as part of its Bounce Back Wellbeing pack - a document full of wellbeing resources for schools to use with the children.



## 5. INSTRUMENT HYGIENE

The safety of Rocksteady staff and pupils is our top priority. Rocksteady understands that the instruments and equipment it provides are in constant use by staff and pupils each day. The following measures have been put in place for staff to maintain the cleanliness of their equipment.



### MANDATORY MEASURES

- The Rocksteady Band Leader will use the alcohol wipes provided to wipe down each instrument (in accordance with our H&S policy) as follows:

#### Following each band:

**Drums:** All drumsticks.

**Keyboards:** All keys on the keyboard.

**Guitar:** All plectrums, guitar necks and scratch plates.

**Vocals:** The microphone grill and body.

#### At the end of each day:

**Mixer:** Faders and dials.

**Amps:** Dials and handles.

**Bags:** Handles.

#### At the end of each week:

**Leads:** All cables.

**Drums:** Pedals / Pads.


**Keyboards:** The full keyboards.

**Guitars:** The full guitars.

**Stands:** All stands.

### ADDITIONAL MEASURES

- When needed, Rocksteady staff will wipe their equipment at extra times throughout the day.
- If our pupils would like to use their own equipment (plectrums, drum sticks, guitars etc) and the school is happy to agree to this, Rocksteady staff will wipe down the equipment before and after use. Equipment with electrical power cannot be accepted.
- Additional measures will be agreed with individual schools to fit in with the school's own policies and procedures.



“ The whole school were incredibly pleased with the Rocksteady visits in July. The lessons were conducted in an extremely safe way without losing any of the fun. All of the children and staff were able to forget the worries of the past few months and immerse themselves in the music! Thank you to all at Rocksteady for their commitment to us and our children. ”

**Stuart Allen, Headteacher at Mile Cross Primary School,  
July 2020**

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ATTAINMENT  
CONFIDENCE  
ENGAGEMENT  
BEHAVIOUR  
INCLUSION  
RESILIENCE**