



SIR WILLIAM STANIER SCHOOL BULLETIN 2

Wednesday 25th March 2020

This bulletin will provide key daily updates regarding the unprecedented COVID-19 virus. Please contact KS3@sws.cheshire.sch.uk for any home learning or general queries relating to Year 7, 8 or 9 and KS4@sws.cheshire.sch.uk for any queries relating to Year 10 and 11.

Daily Updates

- **Year 11 Update** - It is important for all Year 11 students to continue studying from home as the work they are doing WILL support them in the future. One piece of government guidance is stating that any student who isn't happy with the grade they are given, they can resit this early in the next academic year. Therefore, it is important for students to keep producing work to the best of their ability and to keep it safe at home. More details will be available soon so please keep checking for the latest SWS bulletin.

How to support home learning - It is important for all students to continue to learn from home, the following information aims to give parents/carers further guidance to create a positive learning environment at home.

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household.
- **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too.
- **Share the load if there are 2 parents/carers at home**. Split the day into 2-3 hour slots and take turns so you can do your own work.
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Use the links below to support you.
 - [Mind.org – Coronavirus and your wellbeing](#)
 - [Anna Freud Centre - Supporting young people's mental health during this period](#)

Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!

- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.
 - **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible.
 - If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household.
 - **Designate a working space if possible,** and at the end of the day have a clear cut-off to signal school time is over.
 - **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day.
 - **Distinguish between weekdays and weekends,** to separate school life and home life.
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Make time for exercise and breaks throughout the day

- **Start each morning with a [PE lesson at 9am with Joe Wicks](#)**
 - If you have a **garden, use it regularly.** If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others).
 - Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended.
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Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities.** Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going.
- Get your children to **write postcards** to their grandparents, loved ones or to their friends.
- Ask **grandparents/loved ones/friends to listen to your children read** on FaceTime (or ask grandparents/loved ones/friends to read to younger children).
- **Give them chores** to do so they feel more responsible about the daily routine at home.
- Ask them to **help you cook** and bake.
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits.