



Thursday 4th June

Dear Parents,

Daily Update – Thursday 4th June

As things currently stand we are very conscious that this final half term of this academic year will be presenting new and varied challenges.

I am sure very few of us imagined this would stretch out as long as it has, but we hope you agree that the safety and wellbeing of our families is the most important thing, however difficult this lockdown is proving to be.

In terms of home learning, we thought it might be a good time to revisit some of our previous advice.

Home learning – managing expectations

- This is home learning not home schooling. Parents are not expected to become teachers. Support their learning no more than you would have with their 'normal' homework.
- Each year group has a clear timetable of work set daily, which should only amount to a few hours of individual learning. Remember, in class, a large part of the lesson is delivery, question and answer and further discussion to unpick the learning. Individually this reduces significantly the elements of the lesson that are being done at home.
- Make sure a routine is established, regular getting up and going to bed times, a rota for sharing online devices, ideally a place where school work is done.
- Build this around a wide variety of activities which may include physical exercise, reading, creativity, cooking, gardening or simply relaxing, watching films, chatting with each other as a family (!) or close friends online.
- Please don't worry about doing lots of writing as this is unlikely to be marked. Teachers are now becoming more adept at setting online tasks with built in feedback/marking but please make sure your sons/daughters are reading or watching the resources before they attempt to answer the questions set. Encourage them to re-do these tasks if they score low.
- Encourage wider reading and researching and watching the kind of programmes you may not usually watch like documentaries, particularly using the links being recommended.
- As we have said previously, please don't argue about any of this. As this time stretches out it gets harder for all of us so be kind to yourselves and contact us if help is needed.

Wellbeing and mental health

We are also very conscious that the longer this goes on, the tougher it may well be on our children's mental health. As we have said previously, if you notice any of the following in your child, this may be an indication that they are not coping well:

- Persistent sadness — two or more weeks
- Withdrawing from or avoiding interactions in the home or via phone/online
- Frequent headaches or stomach aches
- Difficulty concentrating
- Outbursts or extreme irritability

Outstanding education at the heart of the community

- Out-of-control behaviour that can be harmful
- Drastic changes in mood, behaviour or personality
- Changes in eating habits
- Loss of weight
- Difficulty sleeping
- Hurting oneself or talking about hurting oneself or others who may hurt themselves
- Talking about death or suicide, asking lots of questions, mentioning it in others

What can you do as a parent to support when you are concerned?

Most of us are not experts in this field so we need to help each other where we can. The obvious things will include:

- Talk to them without badgering and ask open ended questions – ‘How are coping with all this?’, ‘What do think are the most difficult things about lockdown?’, ‘What do you miss the most?’
- Try and have at least one meal together as a family each day
- Avoid letting them have long periods alone in their bedrooms
- Avoid computers and/or online access when they are alone for extended periods
- Encourage structure in their day and a quiet place to work

For more support and guidance, please don't hesitate to ring us during the working day. It is always better to be on the side of caution.

Alternatively, Lancashire Child and Adolescent Mental Health Service (CAMHS) are there to help children, young people and their families when they are feeling sad, worried or troubled.

The [CAMHS](#) website provides some really good, accessible and useful information and other links and is definitely worth a browse.

A REMINDER OF OUR DAILY COMMITMENT

Should my child be in school?

We are still committed to supporting where we can so if you think your child needs to be in school please consider the following criteria:

- You are a critical worker, or you are now required to go into work because you can't easily work from home, you have nobody in the home to ensure your children are suitably supervised and you are concerned about their vulnerability at home alone
- Your child would benefit from additional support to access learning due to their special needs or other significant difficulties in engaging in and/or completing the work set
- You are concerned that your child's mental health is being affected by their absence from school
- You have any other safeguarding concerns and you feel these would be minimised if your child were in school

What we have in place every weekday when school is open:

- Open every weekday with a staffing rota between 8.30am and 4.30pm to support the learning of the children in school. We understand that this may change daily due to shift patterns so just keep us informed as the need arises/changes

- Keep in regular, close contact by phone with vulnerable children and their families, and provide tutor contact with other students and their families as appropriate
- Provide on-line Home Learning resources, links and updates so you can keep your children mentally and physically active at home.
- Where possible, deliver learning packs to those without internet access or equipment to engage in online learning.
- Be on the end of the school phone and address any concerns or queries you might have between 8.30am – 4.00pm weekdays.
- Deliver food parcels to those in most need on a fortnightly basis. Please don't hesitate to contact as and when you may be in need, whether through financial hardship or self-isolation, without other help at hand.
- Provide free meals for the staff and students in school, in a clean environment, observant of social distancing and other safety guidelines.
- Manage the provision of FSM vouchers

With best wishes,

Mrs Gwinnett (Executive Head and Trust Lead) and all of us in the Trust and at School

Stay safe