

Dear Parents/Carers,

This is a slightly longer communication than we normally like to send but we wanted to update you and make sure we are supporting you as well as we can. Even if from a distance!

We are all very aware of the huge strain these latest government protective measures will put on our families. With most shops and entertainment places now closed and nobody out on the streets other than for essential reasons the pressure is on the home.

COMMUNITY SUPPORT

We are pulling together a bank of helpful community support. Please also keep checking our website for useful links. Currently we are working with our local Feltham Community Group

<https://felthamcommunity.org.uk/>

Feltham Community will share all the latest information applicable to the 5 local wards, and wider borough information during the current crisis. This is to ensure locally we gather this information in one place so that we are better able to signpost people as necessary and try to work as collaboratively as possible so that we can maximise impact and ensure no-one is falling through the gaps.

CONTACT TO CHECK IN WITH YOU

A member of staff may have already been in contact with you to touch base, see how you are and help answer any questions you may have about distance learning. We are asking them to make contact with 4 or 5 students a day. They may call you from a withheld number as they will be using their personal phones. Our personal coaches will also be on hand to support students. Even if we are not in school we will still be working normal times as much as we can. Obviously many of our staff are also juggling children at home, like you.

We are trialling our teacher led Google Classroom work with Year 10 from Wednesday and some staff will have already started posting tasks.

SUPPORT SUGGESTIONS FOR DISTANCE LEARNING

Again, we know that this is putting a lot on you. Managing different children and being teachers AND parents. Here are a few suggestions: Number one, keep very calm and remember you can only do what you can do and sometimes you might just have to walk away for a moment!

Routine, Routine, Routine

Agree your plan and expectations with the family. You are going to have to be a bit of a teacher and set down how it is going to work. Your terms and rules. You can do it. We are here to support you!

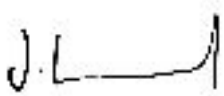
1. **For Year 10 students**, we would suggest that **2 learning sessions a day** is enough. These may be on line through Google Classroom or paper based. If you have a child who wants to do more, then they can decide what else they would like to do but on line work should be limited to a maximum of 4 hours a day and broken up into no more than 1 hour slots. Lying on their bed and reading is great for relaxation and general literacy. Encourage reading a book whenever you can.
2. **For Year 12 students**, the expectation is that they are online at the times they would normally have lessons at school. Their teachers should have already invited them to these lessons and

many will choose to hold a 'Google Hangout'. It is really important we use the learning time we have effectively so please encourage your child to engage fully with these sessions and continue to complete Prep in the way they normally would.

3. Try and plan out the week so that there is a **set routine of waking up and going to bed** at the same time. This will really help distinguish the weekend as something different during this challenging lockdown period.
4. **Plan exercise slots.** Yoga or a similar exercise routine is very easy to access online – join a class or follow an instruction. Some of our staff have been doing a 9am live PE lesson with Joe Wicks, the Body Coach! <https://www.youtube.com/c/thebodycoachtv> Everyone in the house can join in so a good bonding session. Some fun together as well. Or think about early morning walks or places to go that are not busy and you can keep a strict distance. If you have an outside space you could perhaps set up an outdoor gym with no equipment. Look on line for fitness routines that you could all follow.
5. **Meal times** – try to sit down and use this time to share worries and future happy times. Talking is so important for your child's /children's development and all of your mental well being. If it is a routine time it is easier to make sure it is positive rather than stressful and annoyed. Feeling annoyed is very easy when everyone is forced to be together. A good point of regular discussion – what are you worrying about, what are you cross about? How can we help each other?
6. **Treats** – establish at the beginning what your treats are as a family and as an individual. Treats only have to be small e.g. 30 minutes in my bedroom without any one else.
7. **Family jobs** – sounds strange but everyone needs to feel valued and if everyone has a responsibility that helps. Agree a job list – put it up in the kitchen and everyone ticks off their job when it's done. Parents could perhaps award stars for a job that they decide is really well done. Stars mean prizes. Prizes only have to be little – eg first in the bathroom
8. **Friend time** – we all need to try and control our online time! But your children need to chat to their friends and this is going to be remotely for the next few weeks. Have time planned for them to do this. You will need more than ever to monitor their use of social media to make sure they are safe. If you have any worries let us know.

We will be in regular communication. If you are not getting our emails or texts please let us know.

We wish you the best of luck and hope you all keep strong.



Mr Jay Lockwood
Principal