

Dear Parent / Carer

At a time when the vital restrictions of the lockdown continue to change the normal daily routines of our lives, I hope that you are all keeping safe and well. This continues to be a very different time for education, but at Copleston High School we remain completely committed to the education of your child as we know that the educational impact of their physical absence from school could be significant. Despite our best efforts, we are aware that some children may well return to school – whenever schools are re-engaged – having missed some parts of their education. To keep this problem to a minimum we are doing all we can to provide a high quality and supportive online learning experience. I was asked to discuss our approach to online learning by BBC Radio Suffolk last week. If you would like to hear what I said you can access the interview in the link below.

[Listen to radio interview](#)

We are currently planning strategically for when our school does physically re-open. When this happens there will no doubt need to be a reintroduction into the routines of schooling and almost certainly the introduction of some new routines as we learn how to deal with new scientific and medical guidance. However, we do not know the date for any physical re-opening, but we do know that, as a country we will be required to meet five tests which we are currently some way from achieving:

- First, we must protect the NHS's ability to cope and be sure that it can continue to provide critical care and specialist treatment right across the whole of the UK.
- Second, we need to see the daily death rates from coronavirus coming down.
- Third, we need to have reliable data that shows the rate of infection is decreasing to manageable levels.
- Fourth, we need to be confident that testing capacity and PPE are being managed, with supply able to meet not just today's demand, but future demand.
- And, fifth, and perhaps most crucially, we need to be confident any changes we do make will not risk a second peak of infections."

To support the learning of students at home we continue as a school to provide ICT equipment to those families that have limited or no access to this. You will also be aware that the government announced on April 12th that some eligible children across England would receive laptops and tablets as part of a push to make remote education accessible for pupils staying at home during the coronavirus outbreak. The government also committed to providing 4G routers to make sure secondary school pupils and care leavers would be able to access the internet – where those families do not already have mobile or broadband internet in the household.

As a school we have been making regular contact about this government ICT scheme but there appears to be a delay in launching it. You may be aware the government ICT is unlikely to begin until early June, therefore as a school we have decided to purchase even more laptops and chrome books ourselves, so that we can supply families with these quickly rather than wait for the scheme to begin. This will be in addition to the 150 laptops and chrome books we have already provided to families.

To support your child's online learning at home the country's major telecommunications providers will make it easier for families to access selected educational resources by temporarily exempting these sites from data charges. Further information on how your child can maximise their online learning experience is outlined below.

Online Learning Update

This will be the second week of the block timetables for years 7 - 10. These are included below as a reminder:

Year 7 and 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	English	Maths	Geography	Science - Chem	Art
Session 2	History	Science - Bio	English	Maths	Science - Phy
Session 3	MFL (French or Spanish)	Drama	Music	RE	Technology
Session 4	ICT	English	PSHEE	PE	Maths
Extra-curricular	PE challenges and Joe Wicks online workout	PE challenges and Joe Wicks online workout	Stay at home WoW	PE challenges and Joe Wicks online workout	PE challenges and Joe Wicks online workout

Students who study Literacy should do these lessons in the MFL slot.

Stay at home WoW is a chance for students to do something creative at home! Ideas include: help with some cooking or baking, tend to a patch of garden and grow some plants, take an online tour of a gallery or museum, read a book or even write one! There is a folder with more suggested activities on our SharePoint pages for Years 7 and 8.

Year 9

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	English	Maths	Option 5	Science - Chem	Option 4
Session 2	Option 1	Science - Bio	English	Maths	Science - Phy
Session 3	Option 2	Option 3	Option 4	Option 2	Option 3
Session 4	Option 5	English	Option 1	English	Maths
Extra-curricular	PE challenges and Joe Wicks online workout	PE challenges and Joe Wicks online workout	Personal study	PE challenges and Joe Wicks online workout	PE challenges and Joe Wicks online workout

Personal study is an opportunity to catch up on some work, do some revision, or explore an area of interest. Maybe take an online tour of a gallery or museum, watch a documentary, take an online dance class or do some more physical activity, listen to a podcast, read a book or even write one! There is still lots of learning for students to explore from home!

Year 10

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	English	Maths	Option 5	Science	Option 4
Session 2	Option 1	Science	Science	Maths	Science
Session 3	Option 2	Option 3	English	Option 2	Option 3
Session 4	Option 5	Option 4	Option 1	English	Maths
Session 5	Maths	English	Personal study	Science	PE challenges and Joe Wicks online workout

Year 10 Science sessions will need to be used evenly so that students complete an equal amount of Chemistry, Physics and Biology over a two-week period. Science teachers will place work for each subject in the folder for that week and clearly label the folders for each day. My GCSE Science is also offering discounted access to their resources for NHS workers. If this is of interest to you, please use the following link and read their terms and conditions carefully.

[Go to My GCSE Science](#)

As you will know, there are many resources becoming available online to help support remote learning. A recent addition to this has come from the EEF, with some particularly useful advice about support reading at home and structuring a day. These can be found here:

[Go to resource](#)

[Go to resource](#)

The BBC daily lessons are now also up and running. The revision section for Year 9 and 10 could be particularly useful to reinforce or help explain key ideas. These materials can be accessed here:

[Go to resource](#)

Of course, it is very important that we continue to ensure all children are kept safe online. In addition to guidance from the DfE shared last week, there are also some useful tips on the NSPCC website, which can be accessed here:

[Go to resource](#)

You may also be aware that next week is the 75th anniversary of VE day. To celebrate this from home, the BBC has launched a bunting competition that we would encourage students to take part in. Students in Years 7 and 8 will be able to find the resources from the WoW folder on SharePoint, or they can be accessed from the link below. This is a great opportunity for students to be creative

and add a little more colour to the community in this difficult time. There will also be an internal competition for the best bunting! Leaders of Learning will provide students with more information.

[Go to BBC](#)

Our librarian Mrs Woodrow has also produced an excellent newsletter to support and encourage our KS3 students to read more.

[Go to Library Newsletter](#)

There is a wide range of other extra-curricular activities available to students from the WoW SharePoint area and in the key stage newsletters sent to students by Mrs Pilkington.

There are also websites offering more general advice on home learning, managing family life and school commitments and parenting issues during the COVID19 outbreak. A website has been set up specifically for this, which can be accessed from the link below. However, we would like to reassure you that if a student has difficulty with work set then their teacher or Leader of Learning here at Copleston would be the best first point of contact.

[Go to Starline](#)

SEN Support Update

During this period of remote learning, members of the Learning Support Department have been in regular contact with students who would normally receive support in the classroom and through 1:1 interventions. This has mainly been through email and they have tried to address any problems that students have been facing, breaking down instructions and helping to clarify questions. Please do ask for help if your child would benefit from this support.

For those students who find reading large amounts of text challenging, personalised home licenses for DocsPlus have been sent out, with full instructions, on how to use this very useful software. If you feel that your child(ren) would benefit from this, please contact Mrs Pilkington (SENCO) at tpilkington@copleston.suffolk.sch.uk

[DocsPlus instructions](#)

Student newsletters for each key stage have been launched and these will continue to be published fortnightly, incorporating useful links, challenges and competitions for students and families to access. The aim is to have as much student input and as many of their ideas as possible in future editions. Please do encourage your child(ren) to read them and to feedback to the team.

[KS3 Newsletter](#)

[KS4 Newsletter](#)

[KS5 Newsletter](#)

Other activities for students & families to try can also be found on the Share Point area.

The county Inclusive Support Service (CISS) works with a number of our students each week; they have produced the following guidance for supporting children & families.

[Go to guidance](#)

SEN Useful Resources

The Education Endowment Foundation

Supporting home learning routines: Planning the day

[Go to resource](#)

The Education Endowment Foundation

Resources for parents to support home learning

[Go to resource](#)

The Education Endowment Foundation

Parent summary of school support resources

[Go to resource](#)

British Dyslexia Association

A free webinar for parents – How to support your dyslexic child during school closures

[Go to Webinar](#)

British Dyslexia Association

Managing you and your child's wellbeing – being realistic and human (and not superhuman)

[Go to resource](#)

Safeguarding update

Amidst the tidal wave of Covid updates in the news, there are a couple of very positive stories I would like to share with you.

Copleston has been championed in the local community for its tireless work reaching out to its students to check up on their mental health and welfare. We are also very proud of the Community Shelf project; in partnership with the Raedwald trust we have delivered parcels to over 150 families and provide a smiley face and concerned ear. More information on the Community Shelf can be found later in this letter.

However, we don't live and work in a bubble and the support that our community requires is no different to the National picture. To this end the safeguarding and pastoral team are logging 100s of calls a week to provide support and guidance during these unprecedented and difficult times.

There are also many resources online which we have been updating onto our website. One which may be particularly useful for you is from the NSPCC, that offers excellent Coronavirus support and guidance for parents.

[Go to Resource](#)

The schools offer of support does not stop at door knocks and phone calls. We are also open to the children of key workers and certain key vulnerable children, to help ensure the countries essential services keep working.

If you do have a safeguarding concern, please do not hesitate to email the Safeguarding team at: safeguarding@copleston.suffolk.sch.uk

The NHS First Response helpline is also an excellent resource that is available to support students and parents.


Norfolk and Suffolk
NHS Foundation Trust



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

Free School Meals (FSM) - National Voucher Scheme update

If you son/daughter is registered as receiving FSM, you should have received an email from Edenred (the organisation handling the logistics for the government).

If you do not think you have received an email yet, please be aware that it will **not** come from a Copleston email address. I would also advise that you re-check your inbox, and your junk email

folder, as we know some parents have located the email there. Many parents have received emails with the subject line, noreply@edenred.co.uk or hello@email.edenred.co.uk

Within the email, there will then be an 'eCode' with which you can choose an eGift card from a range of supermarkets. Please also be aware that McColl's convenience stores have now joined the scheme as well.

This can then be used at the till either by:

- presenting the voucher on a smartphone or tablet
- presenting a paper copy of the voucher

Please also be aware that the Sainsburys vouchers that we sent out when the lockdown began will not be topped up again.

If you are unable to find the email or do not think you have received it, please contact rterry@coleston.suffolk.sch.uk or your child's Leader of Learning and they will be able to help.

Promoting positive Mental Health and Wellbeing

There has been a lot of coverage in the media recently where experts are talking about how as a result of physical school closures there will be a potentially large gap in a student's knowledge when they finally return to school. We are confident that the comprehensive online learning programme we have put together will help to minimise this for our students at Copleston. However, it is not just the gap in learning that we must all be aware of, it is also understanding how the loss of social interaction can create a gap in a student's wellbeing that will need to be recovered. Students will be missing friends, teachers and the routine and stability that school brings, and this loss can understandably lead to anxiety and low mood. This is well explained in the article below.

[Go to article](#)

We hope that by sharing the wide range of wellbeing and mental health resources and toolkits with you, we can help minimise this loss for students at Copleston. Raising awareness of this issue will allow us all to work together to ensure that our students redevelop these key relationships quickly, when they do return to school.

As mentioned in previous updates, we are continually encouraging our students to engage with activities linked to the internationally renowned 5 Ways to Wellbeing. The 5 Ways to Wellbeing are connect, be active, take notice, keep learning and give. The link below will take you to the 5 Ways to Wellbeing diagram, which will give you more information.

[Go to Diagram](#)

Resources for Positive Mental Health and Wellbeing

The Anna Freud Centre Toolkits

Free toolkits with resources and tips to help support the mental health and wellbeing of school staff, parents, carers and children.

[Toolkit 1](#)

[Toolkit 2](#)

[Toolkit 3](#)

The Mental Health Foundation

A guide on how to look after your mental health during the Coronavirus pandemic.

[Go to resource](#)

The Children's Society

An excellent resource providing support for mental and emotional wellbeing.

[Go to resource](#)

Young Minds

A guide on how to look after your mental health while you are self-isolating.

[Go to resource](#)

Psychology Tools

A guide to living with worry and anxiety amidst global uncertainty. This guide provides practical exercises and strategies to help.

[Go to resource](#)

Government Guidance

Update guidance for parents and carers on supporting children and young people's mental health and wellbeing during the Coronavirus pandemic.

[Go to resource](#)

NHS Audio Guides

A range of audio guides focussing on mental wellbeing.

[Go to resource](#)

The Association for Child and Adolescent Mental Health

A guide to help manage challenging behaviour during the Covid 19 lockdown.

[Go to resource](#)

Mindfulness

Over the past few weeks Kelley Osman, our Wellbeing Consultant, has shared lots of information with our students about setting routines, planning their day, staying connected, having fun and managing worries. As we enter another week of home schooling, Kelley thought it would be useful to talk about another strategy that can be used as part of your self-care routine, Mindfulness.

Mindfulness only requires you to **stop, breath and notice** the detail of what is around you. If it is something you have not tried before, now is a good time to try it. We are talking about the process of **paying more attention to the present moment**, to your own thoughts and feelings. Although that may sound scary, the act of mindfulness, or **being present**, can have huge benefits to our mental wellbeing. When we become more aware of the present moment, we begin to experience fresh things that we have been taking for granted.

Mindfulness techniques are designed to awaken us to the sensations of the present moment, such as the sound of the birds, or the feel of an object. The goal is that we are not caught up in the constant workings of our thoughts and that we have more time to see the present moment more clearly. The quote below from sums up mindfulness well.

'Managing our emotions and supporting each other can be challenging at the best of times. This is why, more than ever, we all need to be doing our best to regularly pause, take a breath and be proactive in looking after ourselves and others.' Smilingmind.org

Below are some wellbeing sites that use mindfulness to help with many aspects of mental health. You can use them individually, and some have family tasks for you to do together. Each exercise gives you an opportunity to pause any worries you have and to have some respite, if only for a few minutes.

Mindfulness Resources
<p>Smiling Mind</p> <p>A guide on how mindfulness can help during the Coronavirus pandemic</p> <p>Go to resource</p>
<p>The Anna Freud Centre</p> <p>A guide to mindfulness and exercises you can try</p> <p>Go to resource</p>
<p>The NHS</p> <p>An excellent guide to mindfulness</p> <p>Go to resource</p>

I would like to also make you aware that Mental Health Week will take place from 18th to 24th May and is a moment for the UK to focus on mental health. The theme of the week will be “Kindness” in response to the coronavirus outbreak. The week will be run by the Mental Health Foundation. See below for more information on the week.

[Go to Mental Health Foundation](#)

Linked to Mental Health week and the importance of kindness during this difficult time, the website Action for Happiness is a superb resource that has lots of useful practical articles and resources that we can all use. A great example is the Coping Calendar below that gives 30 actions to help look after ourselves and each other.

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

[Go to Action for Happiness](#)

While this is a difficult time with increased levels of anxiety, I remain positive that the world we will be returning to could become one that distributes opportunities to future generations in a more even and sustainable manner. The video clip below illustrates my point:

[Go to video](#)

Community Shelf Project

To help support our local community Copleston have teamed up with the Raedwald Trust to launch The Community Shelf project. This partnership has been established to provide an infrastructure through which children on roll at a school in the partnership can be supported with basic needs during the COVID-19 crisis. To start this project, we have been successful in gaining a grant from a local Ipswich based charity ROPE and donations from the East of England Co-operative Society and Waitrose. Distributions to families are carried out by volunteers from Copleston High School following strict protocols, which reflect the current social distancing measures in place. More details of this project can be seen in the following Ipswich Star article.

[Go to article](#)

Finally, I'd like to celebrate some of the wonderful things we have all achieved in partnership over recent weeks. Despite not being in the same room together, students and teachers are still finding a way to have very meaningful exchanges. Despite not having specified lesson and break times, students and teachers are still finding a way to keep up with the curriculum. Despite not having final exam grades, universities are still finding a way to offer students places. Employers are still finding a way to hire them.

Just six weeks ago, any one of these changes would have been unimaginable. Today, I hope we can try to imagine the positive things that are emerging from this very difficult situation. For example, our students are becoming more independent and responsible for their own learning. In the process, they are practicing their skills of resilience, of kindness and of problem-solving.

One day, this will all be over, and we look forward to the doors of Copleston High School being opened once again. We look forward to sharing the same spaces and meeting in the same places in a safe manner.

However, we don't look forward to things returning to exactly how they were before, but instead we look forward to a school and society that embraces the very positive changes we have made during this difficult time. When our students physically return to school, I think what we can offer will be something even better than when we left.

We will have opportunity to continue to progress and harness all the skills we have learnt over recent months to provide an even better offer to our superb students.

With my very best wishes

Mr AB Green (Principal)