

Dear Parent/Carer

I am writing to you all in these unprecedented times to offer continued support to help us through this time of national crisis. Since the beginning of the extraordinary Covid-19 outbreak, I have been working closely with staff to review plans and respond to this fast-changing situation.

I would like to offer my sincere thanks to the many parents who continue to take the trouble to express their thanks and support to the whole staff team for their efforts at this time. It has been extremely moving to read your generous praise for the work that the staff are doing.

As we are almost certain to be continuing with home learning after Easter, we are seeking to learn from what we have offered so far so that our future offer will represent an enhancement to the education provided, building on all that we have learned. Given the strength of support for our offer so far I hope you will be impressed by what we are able to give your children in the Summer Term.

I would like you to know that we have already provided our superb local NHS with food parcels for staff, PPE equipment from our science department (70 pairs of goggles and boxes of gloves) and we have also offered our school parking space to NHS staff. We will continue to do all we can to support their wonderful efforts.

Social distancing - protecting yourself and others

Social distancing measures are steps you can take to reduce actual face to face social interaction with other people. This will help reduce the transmission of coronavirus (COVID-19). Key aspects of social distancing outlined by the government are to:

- Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.
- Avoid non-essential use of public transport when possible.
- Stay at home.
- Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.
- Use telephone or online services to contact your GP or other essential services

There is currently no vaccine to prevent COVID-19. Please remember the following key facts:

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

The best way to prevent illness is to avoid being exposed to this virus by staying at home and social distancing. However, for those of us that have to go out for unavoidable and necessary reasons the diagram below offers some excellent advice.



STAY AT HOME

The single most important action we can all take is to stay at home to reduce our day-to-day contact with other people and reduce the spread of the infection.



FOLLOW THE GUIDELINES

You should only leave the house for necessary food shopping, one form of exercise a day, any medical need or for travelling for work purposes, but only where you cannot work from home.



AVOID CLOSE CONTACT

Put distance between yourself and other people. Try to stay 2 metres, or 6 feet away from people at all times.



CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Promoting positive Mental Health and Wellbeing

We don't know whether the coronavirus situation will impact on children and young people's mental health, but we think that it may. The link below from the BBC website indicates some of these concerns.

<https://www.bbc.co.uk/news/stories-52110460>

The government has recently produced some guidance for parents in supporting the mental health of their children and this can be found in the link below.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Taking care of our mind as well as our body is really important while staying at home because of coronavirus (COVID-19). Children may feel bored, frustrated or lonely. They may also be low, worried or anxious, or concerned about their health or those close to them. It's important to remember that it is OK for them to feel this way and that everyone reacts differently. Staying at home may be difficult, but they are helping to protect themselves and others by doing it. The easy to read document below gives some really good advice on how your children can look after both their physical and mental health at this difficult time.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf

To further support your children while they are at home, we are also encouraging all Copleston students to engage with activities linked to the intentionally renowned 5 Ways to Wellbeing. Five Ways to Wellbeing is an evidence-based model for wellbeing which proves we are more likely to feel better in ourselves when we do the five things suggested in the visual below.

CONNECT

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home – by phone, messaging, video calls or online – whether it's people you usually see often or reconnecting with old friends or neighbours
Visit www.actionforhappiness.org/10-keys-to-happier-living/connect-with-people/details

BE ACTIVE

Research suggests that physical activity...
-reduces stress and helps us sleep better
-helps us to manage our weight
-helps keep our heart strong and reduces our blood pressure

10-minute shake up games to try out with kids
www.nhs.uk/10-minute-shake-up/shake-ups

Ideas for physical activity from the NHS
www.nhs.uk/live-well/exercise/

Or perhaps you could skip yourself fit:
<https://www.brsa.org.uk/skip-yourself-fit/>

Struggling to get motivated in a morning? Try the NHS 5 minute wake up workout:
www.nhs.uk/live-well/exercise/5-minute-wake-up-workout/

The Five Ways to Wellbeing are simple things that we can all do to improve our emotional health and wellbeing

These websites may be helpful
www.kooth.com
www.rcpch.ac.uk
www.youngminds.org.uk
www.annafreud.org

KEEP LEARNING

Create a new daily routine that prioritises looking after yourself.
Learning new things is enjoyable, increases our confidence and is good for our mental wellbeing:

Share your favourite books
Share recipe ideas
Make playlists for each other

GIVE

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. Think what activities you can do at home that might benefit others.
Remember to follow Government guidance and if you must leave the house, maintain social distancing measures (e.g. keep a 2 metre distance between you.)

The importance of kindness on your mindset:
www.forbes.com/sites/bryanrobinson/2020/04/03/your-most-powerful-antidote-against-the-covid-19-pandemic

TAKE NOTICE

Take notice of nature. Bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger and make you feel more relaxed. You could try the following:

- Spend time with the windows open to let in fresh air
- Spend time in your garden, if you have one

Try a mindful breathing exercise:
<https://youtu.be/wfDTp2GogaQ>

Or try some mindful exercises here:
<https://www.mind.org.uk/media-a/2891/mindfulness-2018.pdf>

Here is a reminder of some top tips from Kelley Osman, our Wellbeing Consultant, that she has written for students to help them manage their wellbeing in these challenging times. These tips tie in nicely with The Five Ways to Wellbeing.

Establish and maintain your routines as much as possible. Try and continue to get up as if you were going to school and go to bed at a sensible time (get up when light- sleep when dark), as this will help with your emotional health and keep necessary structure to your day. Sleep is vital and increases our ability to cope during the day, and also increases your immune system and our body's healing properties- so try and look after your sleep pattern. **Eat at regular times**, and try and **keep moving**, especially if now working from home. Regular physical breaks are really important.

Try to manage overwhelming feelings of anxiety. Hold on to the facts wherever possible. Remember, a lot of this is new to everyone, so we don't have answers. Try not to focus on the worst-case scenario, practise saying to yourself 'is that a fact?'. It is equally important to recognise your worries and emotions rather than avoid them. Allow time to listen to your worry thoughts, answer what you can and talk through with someone who will listen to your worry. Try not to talk about the coronavirus all the time. Allow yourself time to share a worry or thought, then be mindful of 'moving on'. This will allow your brain and emotional self to have a rest.

Try to separate what is in your control and what is not.

Remain connected or form new connections. Being connected is really important to our wellbeing. We are social beings after all. In times where our physical ability to see people may be reduced, we need to think creatively on how we remain in contact. This can be via WhatsApp, google meet, zoom, whatever you prefer. You can have 'work groups' with video links as well as purely social time. Seeing each other's faces is important so, remain connected as much as you can. Think of creative ways you can do this and share with others. Keeping your hobbies and interests alive will produce the 'feel good' hormones we need. For example, you could have a virtual dance group if you can no longer go to your dance class? Having a laugh with friends is the best medicine.

Try some breathing and mindfulness exercises. Now is a great time to learn a new skill. My favourite site for mindfulness and breathing is:

www.smilingmind.com.au/

There are a variety of exercises for your age or need. Practise them and this can be a skill that will have benefits for a lifetime. Giving your brain a break when you're nearing your tipping point can be a really helpful way of deactivating the acute stress ('fight or flight') response. Even short moments of reprieve are beneficial as they help reset, enabling us to find the middle ground between being overwhelmed and denial. It is in this middle ground that we're able to make better choices and are best placed to support ourselves and those around us. This website has lots more self-care suggestions:

www.annafreud.org/selfcare/

Things you can do to keep yourself busy at home

Under normal circumstances, parents would be organising trips and recreational activities, which include visits to zoos, museums or parks over the Easter break. However, during these unprecedented times, we all understand the importance of staying at home to save lives. How can you use this newfound time to best effect? Below are ten things that you can do at home:

 READ A BOOK It's time to read that book. Get inspired and escape to a different world for a few hours.	 LEGO Allegedly David Beckham has been killing time in the lockdown by building Lego sculptures with his kids. Lego is a perfect way of keeping your mind busy.	 JIGSAW PUZZLES Take your eyes off the screen for an afternoon while you tackle a tricky 1000 piece jigsaw as a family.	 BAKE A CAKE Satisfy your sweet tooth and try a new recipe! A family bake-off is the perfect way to pass a few hours.	 DANCE IT OUT Put on some of your favourite tunes and get dancing in your front room. Hairbrush microphone optional.
 EXERCISE Indulge in a home workout, with squats, burpees and press ups all achievable without equipment. Work it out as a family.	 PLAY BOARD GAMES Embrace some traditional entertainment and crack out the board games for some light family competition.	 GET CREATIVE Embark on a creative art and design challenge - from sketching, colouring or building a model.	 LEARN A NEW SKILL Dedicate your new found time to learning a new skill. Whether it be starting to play an instrument or launching your own blog - give it a go.	 SET YOURSELF GOALS Write down the things you would like to do, places you would like to explore and the food you would like to sample once the restrictions are lifted. Welcome to your post Coronavirus bucket list!

To help keep our youngsters occupied during this Easter break, below are some links, which include virtual tours to museums and zoos as well as some cultural links to arts, theatre and dance. Learning new things is one of the Five Ways to Wellbeing discussed above, so we hope that the table below will be really helpful while our students are at home:

Art	Art apps – https://tayasui.com/sketches/ http://drawingdeskapp.com/
English Language	https://www.britishcouncil.org/school-resources/find - British Council resources for English language learning https://islingtongovuk.i2bloggy.com/iteprimary/ - Let's Think English Online blog Poetry, Stories and Films https://theday.co.uk/subscriptions/the-day-home - A free, daily newsletter for parents and guardians at home with children, helping to enrich learning with real-life knowledge and skills. https://www.englishandmedia.co.uk/ - downloadable resources covering a range of texts for Key Stage 3 and Key Stage 4. https://www.pobble365.com/ - a new image is published each day as a basis for creative writing. Story starters, questions and drawing ideas provided. https://www.poetrybyheart.org.uk/ - a wide selection of poetry covering different topics. https://childrens.poetryarchive.org/ - an archive of spoken poetry recordings. Pupil can listen to poems being read aloud.
Maths	https://www.themathsfactor.com/ 4-12 years - currently free, Carol Vorderman's site, maths games app Hegarty Maths My Maths https://www.khanacademy.org/ - students will have to register (for free) https://corbettmaths.com/ - a range of videos and downloadable questions categorised by topic and grade https://www.bowlandmaths.org.uk/ - aims to make maths engaging and relevant to pupils aged 11-14, with a focus on developing thinking, reasoning and problem solving skills. https://mathigon.org/ - interactive maths resources https://nrich.maths.org/ a range of activities – some interactive and some to be completed offline. Activities categorised by age range.
Science	Mystery Science https://mysteryscience.com Free science lessons Science with Brian Cox - https://twitter.com/ProfBrianCox for details https://learning-resources.sciencemuseum.org.uk/ - Science museum free resources https://isaacphysics.org/coronavirus - Physics online problem-solving activities
Geography	https://world-geography-games.com/world.html - Geography Games https://video.nationalgeographic.com/ - Watch a wide range of videos from National Geographic
History	https://www.bighistoryproject.com/home - Big History Project aimed at Secondary age. Multi-disciplinary activities.
Languages	https://www.duolingo.com – Learn a language with Duolingo https://www.senecalearning.com – Learn a language with Seneca

	https://www.memrise.com/ - Learn a language with Memrise
Literacy / Drama	https://www.booktrust.org.uk/hometime - a rota of author & illustrator events David Walliams's audio stories will be released daily Follow David Walliams on Twitter to get links to each book. https://readon.myon.co.uk/ - Free online books to read http://ntlive.nationaltheatre.org.uk/ free online productions to watch at home https://www.rsc.org.uk/education/about-rsc-education/home-learning-with-the-rsc - Home learning with Royal Shakespeare Company https://www.originaltheatreonline.com/ - Habit of Art online performances
Music	Myleene's Music Klass on her YouTube channel everyday https://decca.com/greatbritishhomechorus/ - Gareth Malone's home chorus https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag - Free streaming of Andrew Lloyd Webber musicals every week
Dance / PE	Joe Wicks – PE with Joe - https://www.thebodycoach.com/blog/pe-with-joe-1254.html https://www.danceeast.co.uk/get-dancing/home-dance/ - Dance East home dance classes https://www.fitnessblender.com/ - Free workout videos to do at home
Film	https://redrosechain.com/film-friday/ - Red Rose Chain film Friday
General	https://ed.ted.com - All sorts of engaging educational videos from Ted Ed https://www.bbc.co.uk/arts - A range of programmes from BBC Culture in Quarantine https://www.young-enterprise.org.uk/parent-toolkit/ - Free resources for parents and students about how to manage money
Computer Programming	https://blockly.games - Learn computer programming skills from Blockly - fun and free.
Museum, Galleries and Places of Interest Virtual Tours	https://www.louvre.fr/en/visites-en-ligne - Louvre Virtual tours https://www.nhm.ac.uk/visit/virtual-museum.html - Natural History museum tour https://www.sciencemuseumgroup.org.uk/explore-our-museums-at-home/ - Science museum tour https://www.royal.uk/virtual-tours-buckingham-palace - Buckingham Palace virtual tour https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/ - Stonehenge virtual tour https://courtauld.ac.uk/gallery/about/3d-gallery-virtual-tour - Courtauld Art Gallery virtual tour
Zoo Tours & more	https://www.chesterzoo.org/virtual-zoo/ - Chester Zoo's virtual zoo https://www.edinburghzoo.org.uk/webcams/panda-cam/ - Edinburgh Zoo Webcam https://www.zsl.org/videos/zoo-news-and-events/zsl-video-channel - A range of videos from London Zoo
University	https://www.ucas.com/ucas/events/find/scheme/virtual-and-digital?keywords= - University virtual open days https://digital.ucas.com/search- Search university courses

Free School Meals update

You will be aware that the Department for Education (DfE) has developed a centrally-funded national voucher scheme to support families that have children in receipt of Free School Meals (FSM).

This will begin after the Easter break when we will send a redemption eCode directly to the parent or carers of the pupil(s) eligible for free school meals. You will receive instructions on how to use this eCode to create an eGift card which can then be spent in a variety of supermarkets. This will be sent in a weekly email and those parents that do not have access to an email account will be sent printed gift cards.

Further details will be sent at the end of the Easter break and on this Friday (April 10th) the Sainsbury's vouchers, already provided by the school, will be topped up again to ensure there is no gap in provision.

Finally, as Principal I'd like you to be assured that the governing body and the staff intend the school to navigate and emerge from this crisis as strong as possible, although we know that there are difficult times ahead. While we do so, it is important that you know we will do all that we can to continue to provide the educational opportunities that we do to your children, whatever your circumstances.

I hope that you and your families are able to enjoy a peaceful Easter. I hope that you can all stay safe and well, and I thank you for your continued support.

With very best wishes,

Mr AB Green (Principal)