

Dear Parents/Carers

I trust that you are safe and well. You will know that during this week we have received more official guidance from the government in relation to preparing for wider school openings, potentially from 1st June 2020.

From the week commencing the 1st of June at the earliest, the government have announced that they will be asking secondary schools to make preparations to offer some face to face contact for Year 10 and 12 students. It is important to note here that they have also said this will only take place providing that the five key tests set out by the government and the reduction in infection rate will justify these changes. The government will advise schools accordingly.

**I will be writing to Year 10 and Year 12 parents next week to provide a more detailed overview of what we will be offering should some face to face contact be an option from June 1st. I am sure that you can imagine that a huge amount of thought is going into this with all factors being considered.**

It is important to note that currently, and for the foreseeable future, our learning offer is mainly online and even if we do have some contact with Year 10 and 12 from June 1<sup>st</sup>, it will only be to support the online offer. I hope that you again find the detail below helpful in supporting your child while they are working hard from home.

## Online learning

Students in Year 7, 8, 9 and 10 have been following their new timetables for nearly 3 weeks now and we hope that this has enabled both students and parents to structure the learning. We would like to stress the importance of continued engagement with the online learning and reassure you that our teachers are always here to support our students.

Below is a selection of links to some of the excellent resources to support online learning, that we have sent out in previous letters.

<b>Online Learning Resources</b>
<p><b>The BBC daily lessons</b></p> <p>The BBC daily lessons - The revision section for Year 9 and 10 could be particularly useful</p> <p><a href="#">Go to BBC Bitesize</a></p>
<p><b>The Oak Academy</b></p> <p>Provides online lessons that students can interact with</p> <p><a href="#">Go to Oak Academy</a></p>

### **Starline**

Starline offers general advice on home learning, managing family life and school commitments and parenting issues during the COVID19 outbreak

[Go to Starline](#)

### **Copleston Online Resources**

A link to previously shared websites that support online learning and cultural capital

[Go to resources](#)

As mentioned in our previous letters, students are expected to submit work for designated tasks as indicated by the feedback icon against the tasks. Teacher and leaders of learning are monitoring the submission of these tasks through our in-house monitoring tool. Leaders of learning have been contacting parents and students to ascertain the reasons for non-submission and provide any possible support to enable completion of such tasks.

We hope that our Year 11 and 13 students are finding the EtonX courses useful as part of preparation towards the next phase of their career. The link to the EtonX website can be found here:

[Go to Etonx Website](#)

The Year 11 students intending to study A levels in September should also be accessing and engaging fully with our pre-A level work set up on share point. The course leaders for the A level subjects are keen to provide support to students on any queries they may have.

[Go to Pre A Level Work Booklet](#)

As you are aware, we have also added a fantastic array of tutor time activities to our remote learning area, covering similar themes to what students might normally do during tutor time in school. These challenges can be found in a folder called "Tutor Time Challenges" within each year group on share point.

These activities are in the form of interactive PowerPoints with instructions on the first slide. The activities are theme based so students can choose a different theme each week. Students could work through the shorter and longer activities with your support. There are also activities such as discussions, which provide the chance to involve other family members too if you feel this is appropriate. Students may upload their work (via the link on the first slide) so that their form tutors

and Leaders of Learning can view it and celebrate any outstanding pieces of work. You can click on the link below to view the Tutor Time Challenges

[Go to Tutor Time Challenges](#)

As students continue to work remotely, online safety remains a key priority. The following documents provide some useful information to help ensure our students stay safe online during this challenging time.

[Go to DFE online safety guidance](#)

[Go to NSPCC online safety](#)

## Promoting Positive Mental Health and Wellbeing

As I have mentioned previously, we are continually encouraging our students to engage with activities linked to the internationally renowned 5 Ways to Wellbeing. The underpinning concept of the 5 Ways is that wellbeing is comprised of two main elements: feeling good and functioning well. The Five Ways to Wellbeing are evidence-based public mental health messages. They aim to improve the mental health and wellbeing of each one of us. The 5 Ways to Wellbeing are:



**Connect** It is important to keep connected with your loved ones whilst social distancing and isolating.

**Keep learning** Research shows that learning new skills can help improve your mental wellbeing by raising self-esteem, helping to build a sense of purpose and helping you to connect with others

**Take notice** Pay attention to the present moment – to your own thoughts and feelings, and to the world around you.

**Be active**      Physical activity makes you feel good. You can exercise at home no matter your level of mobility and fitness

**Give**              Acts of giving and kindness can be incredibly rewarding

We feel strongly that following these five simple steps in our daily lives can have a very positive effect on our mental health and wellbeing.

I would also like to remind you that Mental Health Awareness 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. See the link below for more information, ways you can get involved and a range of resources.

[Go to Mental Health Foundation](#)

To support Mental Health Awareness Week, the wellbeing team at Copleston have put together a newsletter that has activities and advice to help promote positive mental health and wellbeing. You can see the newsletter by clicking on the link below.

[Go to Wellbeing Newsletter](#)

## **Community Shelf**

As you may be aware from our last update letter, Copleston have teamed up with the Raedwald Trust to launch The Community Shelf project. This collaboration has consisted of a herculean gathering of donations of food, toiletries and stationery. These goods are then sorted, packed and delivered to families in need within our local community.

This has been achieved, not only through the generosity of the CO-OP and other local charities, but also by the generosity of members of the public inspired to be involved after reading the recent article in the paper or listening to our Radio Suffolk interview. You can read the article and listen to the interview through the links below.

[Go to Newspaper Article](#)

[Go to Radio Interview](#)

So far, since its conception three weeks ago, there have been 257 deliveries, all made possible by our 13 busy volunteers. Below are quotes from some of the emails we have received from recipients

*“Just wanted to say a big thank you to the lady from Copleston who came to check on us, also the lovely food parcel we got. Thank you Copleston for doing such a good job”*

*“Copleston staff are at the door, they’ve just given us food, is this from you, this is wonderful, thank you for thinking of us”*

*“Good morning, I hope your both well .... I just had a lovely lady drop off a food parcel that was so very kind”*

If you are interested in donating to the Community Shelf then please email Lynette Stevens at; [lstevens@coleston.suffolk.sch.uk](mailto:lstevens@coleston.suffolk.sch.uk)

If you are feeling like you may be in need of this resource then please contact the safeguarding team at; [safeguarding@coleston.suffolk.sch.uk](mailto:safeguarding@coleston.suffolk.sch.uk)

Finally, I hope that you are all well and continuing to manage during this difficult period for all of us. School life is far from normal, with just a few staff and children of keyworkers on site. Staff are working hard to ensure that the remote learning package for children not attending school is of a high quality and is easily accessible. I am grateful to the range of staff who work quietly behind the scenes to provide the best education for the children under these unique circumstances. Thank you to everyone ranging from the site managers and cleaners of the schools, to the catering staff and family support workers. Working as a team is more important than ever at the moment and the staff will continue to make every effort to support our community during these difficult times.

We are in the process of writing a ‘Recovery Plan’ looking at different scenarios of how the school could reopen during the phases of the government’s national recovery plan. Much of this will depend on what the government advise us over the next few weeks. As soon as we have more information, we will share with you our plans and, as previously mentioned, I will be writing to all Year 10 and 12 parents in more detail next week.

One strength of the school is that we are a very supportive community and as the lockdown has developed, so has the need for us all to reach out to each other, even if only remotely. We have all been experimenting with and learning new ways to talk and support each other. Indeed, the focus on “kindness” for next week’s national wellbeing week is something we passionately believe in all year round.

With my very best wishes

Mr AB Green (Principal)