



A message from the Head of School

Dear Students, Parents, Carers and members of the community,

I hope that this newsletter once again finds you well. I would like to begin by offering my continued gratitude for your support in these challenging times.

Last week our teaching staff spent some time reviewing our systems for setting work, and later in this newsletter you will find an update that sets out some changes that will hopefully simplify matters for students and their families. We also circulated some surveys to students, parents and carers, and staff, which we will be reviewing this week.

On the weekend we witnessed some understandably muted celebrations marking the 75th anniversary of VE day. I do hope that those of you with personal connections to those celebrations still managed to mark the occasion.

At the end of the weekend, we all waited to hear the latest news from the Prime Minister regarding our national response to the Coronavirus. As anticipated, it appears that secondary schools will remain closed to most pupils for a little while longer. At last though there was mention of the possibility of partial re-opening before the summer. If this does happen, the initial invitation will be for those students in Years 10 and 12, who will face public examinations in 2021. At Nottingham Free School, we will be working closely with the advice provided by the DfE as it emerges, and I will continue to use this newsletter and our website to keep you informed.

Finally, I would like to highlight the additional information provided by Nottingham City's Mental Health Support Team that we have included in this week's newsletter.

Yours faithfully,

Mark Watts
Head of School

Safeguarding: Important Information for Parents/Carers & Students

General message

Safeguarding concerns

If you have any safeguarding concerns regarding your child (for example, self-harming, mental health, medical etc.) then as parents the following sites/numbers in 'important contacts' below may be helpful during this difficult time. We would also like to direct you to our safeguarding section on our website which provides you with information on mental health, online safety and safeguarding. As parents you are still able to email key staff at Nottingham Free School who you have been liaising with. We have listed their email and telephone contacts in the box below.

Online Safety Parent Support

With most resources being online and requiring access to specific websites, children are required to be online for most of the day. Additionally, some parents are required to go to work leaving children on their own. CEOP (child exploitation online protection) have provided parent resources and activities which are useful to use with your children. We have attached the sheets for you to take a look. Please email kgray@nottinghamfreeschool.co.uk or seyers@nottinghamfreeschool.co.uk if you have any concerns.

CAMHS support

The school's CAMHS support worker has informed us of support for our community during this difficult period. The contact details are:

If you are a young person or parent needing urgent support outside of office hours (after 5pm) then please contact the CAMHS crisis team Monday-Friday 8am to 8pm on 01158440560 or after 8pm 01159691300. If calling weekends or bank holidays then call 01158440560 between 10am and 6pm

Please pass this on to your child so that they are able to access this support.

Mental Health Support Team

Please find attached with this bulletin a newsletter from the Mental Health Support Team. It offers advice for parents on reducing anxiety in children, tips on coping with lockdown and motivating your child.

Important contacts

Children's and Families Direct (social services) – 0115 8764800 candfdirect@nottinghamcity.gov.uk

KOOTH (online counselling) – KOOTH.com

BASE 51 (counselling) – info@base51.org.uk www.base51.org.uk

SHARP (support for self-harming) - 0115 9158900 Camhs.Sharp@nottinghamcity.gov.uk

Harmless (support for self-harming) – www.harmless.org.uk

WAIS (domestic violence support) - http://www.wais.org.uk/viewpage.php?page_id=16

Thinkuknow (online safety) – www.thinkuknow.co.uk

Young minds – www.youngminds.org.uk

Samaritans – www.samaritans.org

B-eat (eating disorders) – www.beateatingdisorders.org.uk

LGBT – www.youngstonewall.org.uk

Key staff email contacts:

kgray@nottinghamfreeschool.co.uk – senior leader for student welfare and designated safeguarding lead.

Jharnan@nottinghamfreeschool.co.uk – SENDCO and designated safeguarding officer.

sseymour@nottinghamfreeschool.co.uk – student welfare/attendance officer + designated safeguarding officer.

pcleverley@nottinghamfreeschool.co.uk – P16 lead and designated safeguarding officer

jtomasevic@nottinghamfreeschool.co.uk – senior leader for KS4 achievement

abritten@nottinghamfreeschool.co.uk – senior leader for year 8 achievement

rfarnie@nottinghamfreeschool.co.uk – senior leader for year 7 achievement

lwilson@nottinghamfreeschool.co.uk – Head of Year 7

sdetton@nottinghamfreeschool.co.uk – Head of year 8&9

scockayne@nottinghamfreeschool.co.uk – Head of year 10&11

dmachin@nottinghamfreeschool.co.uk – Achievement Co-ordinator for year 10&11

Keeping Up with Education

General Notices

Reading

This link takes you to an on line library where there is a vast selection of books to read on line for free. There is both fiction and non-fiction. Take a look! [On-line Library](#)

Auschwitz Trip July 2020 Y10-12

We have had a few parental inquiries about this trip recently and therefore wanted to communicate to you the current situation. We are regularly looking at updates from the government, Department for Education, Nova Education Trust and the Travel Company we booked with. At this current time it is unclear what the situation with travel to Poland will be in July and the travel company have not cancelled the trip. Until the trip is cancelled by the travel company, or we are directed to do so, we are unable to process any requests for refunds. We apologise for any inconvenience this may cause you and thank you for your patience with this situation.

Bethan Inglis
Head of Humanities

Notices for Each Year Group

CHANGES TO HOME LEARNING FROM TODAY

Year Group	CHANGES TO HOME LEARNING FROM TODAY
7, 8 and 9	<p>A massive thank you to all parents and carers for supporting our students working at home during the school closure. Work Pack 3 (11 May – 5 June) is now on the Remote Learning section of the NFS website (https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=intro). Students are not expected to work over the half term. We have amended some of our expectations of how work is completed:</p> <ul style="list-style-type: none"> • Work packs will be put on the website every three weeks • Subject teachers set the same work as a Teams assignment and issue a 3 week deadline • Subject teachers can check student progress or feedback during the 3 week cycle, but there is no expectation of handing in work until 3 week deadline date • Tutors will contact home if students are struggling to access or complete the work • Students will no longer submit work logs to tutors (Students can use the Work Planner for their own personal use if they wish) • Students do not need to submit, or tell their teacher, on Teams they have completed online work (Seneca, Hegarty, Quizlet, etc.) • Any paper based work needs to be submitted on Teams via photos, etc.

Notices for Each Year Group	
Year Group	CHANGES TO HOME LEARNING FROM TODAY
10	<p>Again, a big thank you to all year 10 parents and carers for supporting our students working at home during the school closure. Going forward, students in year 10 will continue to receive their work through Microsoft Teams. Please ensure you are able to access this; support can be found on the User Guides, Tutorials and Technical Help web page if needed (https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=userguidesandtutorials). We have amended some of work expectations for our year 10 students as follows:</p> <ul style="list-style-type: none"> • Subject teachers set their work as an assignment on Mondays at 8.30am and issue a 1 week deadline (end of school on the Friday of that week) • Subject teachers can check student progress or feedback during the week, but there is no expectation of handing in work until deadline date • Tutors will contact home if students are struggling to access or complete the work • Students will no longer submit work logs to tutors • Students do not need to submit, or tell their teacher, on Teams they have completed online work (Seneca, Hegarty, Quizlet, etc.) • Any paper based work needs to be submitted on Teams via photos, etc.
11	<p>We hope all year 11 students, parents and carers are safe and well. Given the school closure, it is essential that year 11s continue to complete work to prepare them for their post 16 destination. With this in mind, we have created a number of 'bridging tasks' that year 11 students must complete (https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=year11). Students will be completing a work pathway depending on what and where they are studying next year. Students need to select the correct pathway and then complete the relevant work:</p> <ul style="list-style-type: none"> • Pathway 1 – A Levels at NFS. • Pathway 2 – A Level courses at another sixth form or college. • Pathway 3 - Level 1, 2 or 3 course at another college (or an apprenticeship). <p>Students should email their tutor if they need any support in accessing or completing this work.</p>

Sixth Form

General Message

A reminder that Year 12 mock exams are scheduled for the week beginning 15th June. If we are not back by then, the intention is for these to be set remotely. These will help staff to monitor where students are in academic terms and to plan for next steps. Students should be preparing by completing the work set and by revising work from the year so far.

Students should also be researching their next steps after Year 13. For many, this will involve university courses while for others it may be looking for employment. Many of the processes involved are covered on the Unifrog website; students should be logging on and researching here, as well as updating their CVs in readiness for applications over the next year.

The Mental Health Support Team

Parents' & Carers' Newsletter 1. May 2020

Welcome to our first newsletter! We are hoping to share resources that can offer support during the current outbreak, and provide ideas/activities for parents and carers to do with their children and young people during lockdown 😊

UPDATE from the Mental Health Support Team:

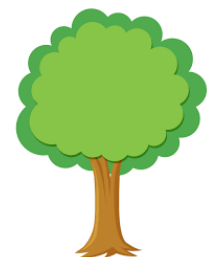
We are a new service working within your child's school and offer support for difficulties around worry and/or mood management either with parents or directly with children and young people. We are still here and available to offer 1:1 support via telephone or video calls!

We are still taking referrals via school links and are working on a self-referral pathway to make it easier for children & young people to access our support.

Staying Active

Whilst it is important to stay home, it is also beneficial for our mental and physical health to keep active. Here are some ideas of how to keep active in lockdown:

- The government guidelines allow **one outdoor exercise** per day (as long as you remain 2 metres away from people who do not live in your household) - making use of this and getting outside is important for mental health during lockdown!
- **Joe Wicks'** home workout and online exercise videos (including PE sessions that are great for home schooling) can be found on Youtube - linked [here](#)
- **Yoga** sessions that can be enjoyed by the whole family! There are many yoga tutorial videos to choose from on Youtube and Instagram, such as [this](#) account that does live, free meditation for families every morning.



Explaining Lockdown to Younger Children

Children, especially young ones, may struggle understanding what's going on at the moment. If you are having problems trying to explain it, you may find [this](#) Youtube video helpful!

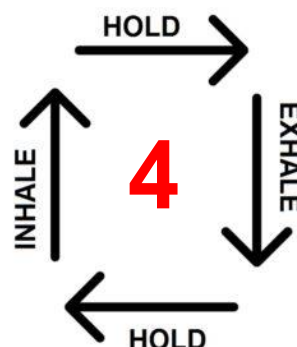
Helping Feelings of Anxiety

Feelings of anxiety are normal, particularly in the current situation – if you are feeling worried or anxious, know that you are not alone.

However, there are some techniques that you can try to alleviate some of these feelings...

Box Breathing

- Breathe in for 4 seconds
- Hold your breath for 4 seconds
- Breathe out for 4 seconds
- Hold for 4 seconds

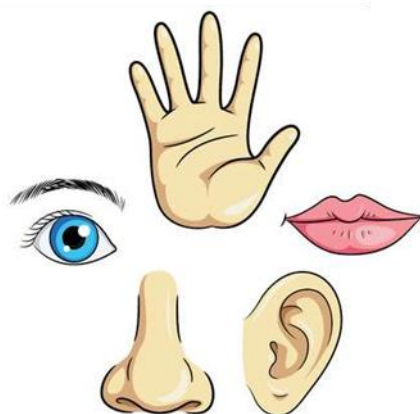


Adults or children can do this... [This video](#) helps explain box breathing for children

Grounding Technique – 5, 4, 3, 2, 1...

Look around you and try to find...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

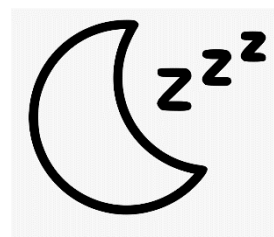


Sleep Hygiene

Worrying or feeling anxious can make it difficult to sleep well in these times. However, getting a good night's sleep is important for improving both mental and physical health.

Here are some tips that can help to improve your sleep:

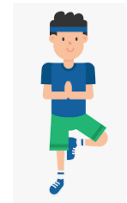
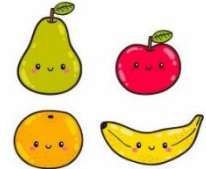
- Avoid screens (computers, TV, smart phones) before bed
- Cut back on caffeine
- Create a restful environment to sleep in
- If you are working from home, try not to work in your bedroom if possible



For more advice on improving your sleep, visit [this](#) NHS web page.

10 Top Tips for Looking After Yourself

1. **Create a daily routine** – make sure this prioritises looking after yourself
2. **Limit how much you check the news**, as this can heighten anxiety
3. **Try to keep in touch with family and friends** regularly through phone calls, video chats or social media
4. **Keep yourself physically healthy** by exercising every day
5. **Get fresh air** - try to get out the house everyday if you are able to
6. **Healthy eating** - focus on eating a balanced diet
7. **Start a new hobby** that you can do at home, e.g. a creative project
8. **Learn a new skill** whilst you have the time, e.g. learn a new language
9. If you find yourself feeling anxious, try to **focus on your breathing**. This could be a good time to try a yoga video
10. **Try focusing on the present** and what you can control



Parenting Tips during Lockdown

One-on-One Time

- Set aside time to spend with each child – it could be 20 minutes or longer. It can be at the same time each day so children & young people can look forward to it
- Ask your child what they would like to do – choosing builds their self-confidence
- *Read a book or look at pictures, go for a walk, dance to music or sing songs, do a chore together, help with school work, talk about something they like (sports, music, celebrities, friends)*

Keep it Positive

- Say the behaviour you want to see – use positive words when telling your child what to do, e.g. “please put your clothes away” instead of “don’t make a mess”
- Praise your child when they are behaving well – this will reassure them that you notice and care, and you’ll see them doing that good thing again

Further support

If you, or anyone you know, is in need of further support, the following are available:

Childline is a free, private and confidential service where you can talk about anything. You can speak to a counsellor online or on the phone between the hours of 9am – midnight. Just call 0800 1111 or visit [childline.org.uk](https://www.childline.org.uk).

Samaritans are there for anyone who is going through a difficult time and wants to talk, any time, day or night, just **call 116 123** for free.

You can visit the [NHS – Every Mind Matters website](https://www.nhs.uk/every-mind-matters) for advice and further support.

Trent PTS offers IAPT talking therapies. They are still offering treatment online or via the telephone. Visit their website [here](#).

Insight offers IAPT talking therapies. They are still offering treatment online or via the telephone. Visit their website [here](#).

Let's Talk – wellbeing offers IAPT talking therapies. They are still offering treatment online or via the telephone. Visit their website [here](#).

Ideas for Activities with Children

Here are some ideas for different activities you could do with your child(ren):



Create a Happiness Jar

- Get an empty jar (or cup, mug, bowl, etc.) and some paper
- Rip the paper into small pieces
- Write on each piece of paper something that makes you happy – this could be happy memories, positive statements, things that you enjoy, or whatever you can think of!
- Fold the pieces of paper up and put them into the jar
- Whenever you are feeling low, or just want a pick me up, you can pull one of the pieces out of the jar to make yourself smile!

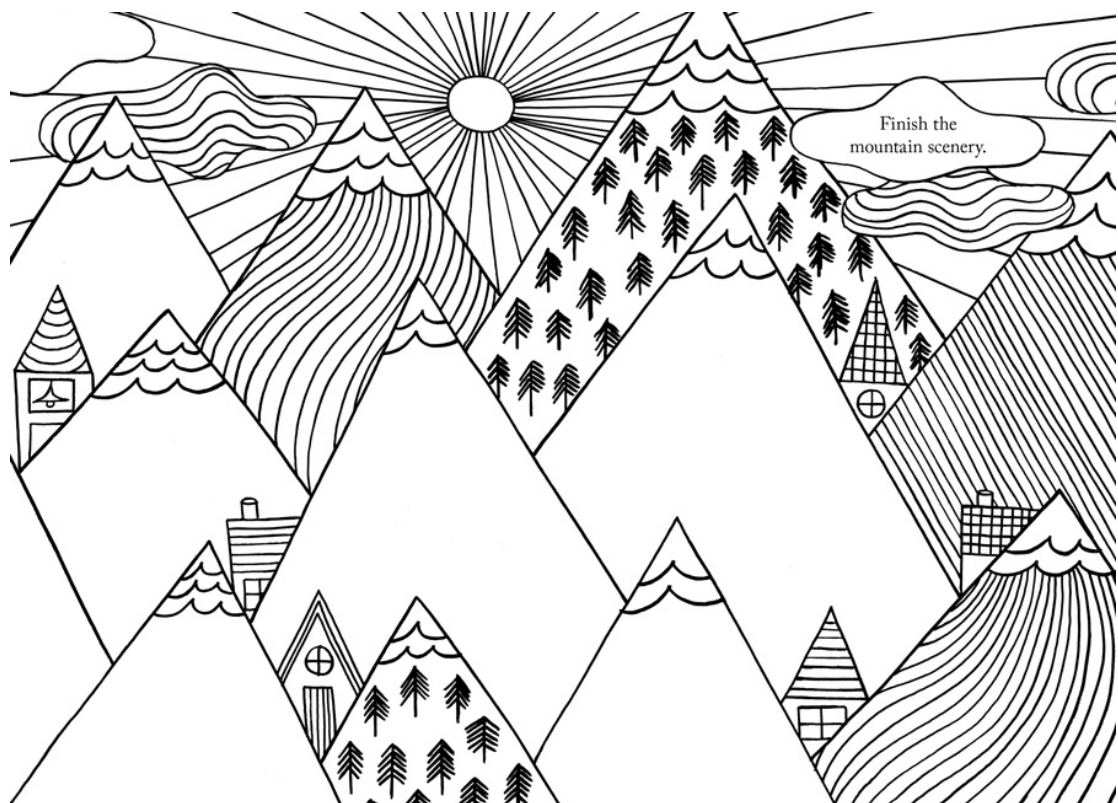


Write a Gratitude List

- Get a piece of paper & a pen
- Write down 10 things/people that you are grateful for in your life & why...
- This can be used as a reminder of the positive things in your life!



Colouring Activities



Word Search Activity

K	L	S	N	N	A	I	R	O	R	M	A	S	K
K	E	Y	W	O	R	K	E	R	S	W	F	H	A
Y	I	A	S	O	Y	E	E	I	N	S	S	N	I
A	W	C	E	M	H	F	K	K	F	E	E	F	K
A	A	E	M	I	T	E	C	A	F	E	U	M	M
E	S	S	F	A	M	I	L	Y	L	S	I	S	F
X	H	D	C	O	M	M	U	N	I	T	Y	R	I
E	R	A	C	M	E	R	A	E	G	E	I	N	S
R	N	U	C	L	E	A	N	N	N	E	D	S	I
C	R	M	O	C	E	I	Y	X	N	R	E	H	K
I	W	N	H	G	U	O	C	D	H	I	N	N	E
S	M	R	E	R	T	Y	S	R	W	N	A	C	T
E	K	R	E	N	A	T	U	R	E	M	C	C	T
A	I	E	X	R	N	E	L	N	N	F	F	H	O

COUGH
 COMMUNITY
 NATURE
 FRIENDS
 FAMILY
 NHS
 MASK
 CLEAN
 KEY WORKERS
 WASH
 FACETIME
 EXERCISE

Space to doodle....

