



Dear Parent(s)/Carer(s),

As I have already emailed, this is my last week at Nottingham Free School. It is so sad not to be able to say goodbye in person to the students, staff and yourselves. Working at NFS over the past 6 years has been such a special time and a real privilege. I am really going to miss everyone. However, I do know that the school is such a great community that it will continue to be so. A big thank you too for the lovely messages that I have received.

I do appreciate that these current circumstances are not easy for families and we are trying to make sure that the work we set is accessible for all students and provides the flexibility to suit different family circumstances. We know that it is really important for everyone's mental health and well-being to have a consistent routine. We will soon be introducing a bit more variety into the work set for years 7-9 using some of the more interactive resources online – watch this space! Year 11 have also received an email and have a number of activities to do this week – they will also have some more bespoke work coming soon as it is really important that they keep up with their skills ready for their next steps.

School is open everyday for key students and senior leaders are in each day in order to help with any concerns that you may have. Please do get in touch if you have any worries about your child in terms of their work or well-being. There are also a number of support websites in the safeguarding section of this newsletter.

There is a lot of speculation in the media about when schools will re-open. The trust, and school will only take direction from the government on this issue and as yet, we have not received any information. As soon as we have any information, we will communicate this directly with parents/carers. At the moment, the most important thing is for students to be in a daily routine and to be keeping up with a reasonable amount of school work. We also know that they should be engaging in other activities including time for rest, play and exercise. One of the most important skills to keep up with is reading – this is vital for all future education and we would ask that all students read daily – they are used to doing this every day when in school! Please see the newsletter tips for reading in the Keeping Up with education section. There are lots of free books online.

Finally, I wish you and your families all of the very best. I will miss you all.  
Do take care of yourselves.  
With all of my best wishes

Mrs Jenny Brown

**A  
message  
from the  
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](mailto:kgray@nottinghamfreeschool.co.uk) or [seyers@nottinghamfreeschool.co.uk](mailto: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.

## Important contacts

**Children's and Families Direct (social services) – 0115 8764800 [candfdirect@nottinghamcity.gov.uk](mailto:candfdirect@nottinghamcity.gov.uk)**

KOOTH (online counselling) – [KOOOTH.com](http://KOOOTH.com)

BASE 51 (counselling) – [info@base51.org.uk](mailto:info@base51.org.uk) [www.base51.org.uk](http://www.base51.org.uk)

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

Harmless (support for self-harming) – [www.harmless.org.uk](http://www.harmless.org.uk)

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

Thinkuknow (online safety) – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Young minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)

Samaritans – [www.samaritans.org](http://www.samaritans.org)

B-eat (eating disorders) – [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

LGBT – [www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

Key staff email contacts:

[kgray@nottinghamfreeschool.co.uk](mailto:kgray@nottinghamfreeschool.co.uk) – senior leader for student welfare and designated safeguarding lead.

[Jharnan@nottinghamfreeschool.co.uk](mailto:Jharnan@nottinghamfreeschool.co.uk) – SENDCO and designated safeguarding officer.

[sseymour@nottinghamfreeschool.co.uk](mailto:sseymour@nottinghamfreeschool.co.uk) – student welfare/attendance officer + designated safeguarding officer.

[pcleverley@nottinghamfreeschool.co.uk](mailto:pcleverley@nottinghamfreeschool.co.uk) – P16 lead and designated safeguarding officer

[jtomasevic@nottinghamfreeschool.co.uk](mailto:jtomasevic@nottinghamfreeschool.co.uk) – senior leader for KS4 achievement

[abritten@nottinghamfreeschool.co.uk](mailto:abritten@nottinghamfreeschool.co.uk) – senior leader for year 8 achievement

[rfarnie@nottinghamfreeschool.co.uk](mailto:rfarnie@nottinghamfreeschool.co.uk) – senior leader for year 7 achievement

[lwilson@nottinghamfreeschool.co.uk](mailto:lwilson@nottinghamfreeschool.co.uk) – Head of Year 7

[sdetton@nottinghamfreeschool.co.uk](mailto:sdetton@nottinghamfreeschool.co.uk) – Head of year 8&9

[scockayne@nottinghamfreeschool.co.uk](mailto:scockayne@nottinghamfreeschool.co.uk) – Head of year 10&11

[dmachin@nottinghamfreeschool.co.uk](mailto:dmachin@nottinghamfreeschool.co.uk) – Achievement Co-ordinator for year 10&11

### Grief and bereavement support

We are aware that our students and their families may experience a bereavement during this time and that accessing support may seem more difficult when students are not in school. However, we are still here to help so please do let us know if you would like any support in this area. There are also a number of national support services and helplines available – please see below:

- **Cruse Bereavement Care** – dealing with bereavement and grief, including specific information for children and young people. <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>
- **Winston's wish** – supporting children through bereavement during coronavirus. <https://www.winstonswish.org/coronavirus/>
- **Child Bereavement UK** – video offering support for parents of children who are or have been bereaved. <https://www.childbereavementuk.org/coronavirus-supporting-children>
- **Hope Again** – support website specifically for young people who have been bereaved. <https://www.hopeagain.org.uk/>

## Keeping Up with Education

### General Notices

If your child is having problems accessing Microsoft Teams then please do send an email to [contact@nottinghamfreeschool.co.uk](mailto:contact@nottinghamfreeschool.co.uk). Our IT support is able to help and has already sorted out some issues for students.

Your child should now be completing their student work log everyday – this has been set as an assignment on Microsoft Teams – do get in touch if you haven't found this yet. The completed log must be sent back to their tutor on Teams by **Friday 1 May**.

### Reading

As Mrs Brown says in her introduction, reading is so important and is a relatively easy task to be continuing with during this time of lockdown. I am trying to read even more young adult books so I can recommend them to the students. Currently, I am reading One of Us is Lying by Karen McManus. It's a murder mystery set in a school and is pretty gripping. So many young adult books are enjoyable for adults too so why not give them a go so you can recommend and discuss with your child. Some authors to start with could be John Green, Patrick Ness and Sarah Crossan.

### Notices for Each Year Group

Year Group	
7	Your new work pack started on Monday 20 April and you should be working your way through this. If you find yourself finishing sooner than expected, then please do some of the extension tasks and keep revising the previous work – use as many different memorisation techniques as possible and see if you can get someone to test you. You should also have completed your student work log for last week and be ready to finish it and return to your tutor via the Microsoft Teams assignment on <b>Friday 1 May</b> .
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	tasks and keep revising the previous work – use as many different memorisation techniques as possible and see if you can get someone to test you. You should also have completed your student work log for last week and be ready to finish it and return to your tutor via the Microsoft Teams assignment on <b>Friday 1 May</b> .
<b>9</b>	Your new work pack started on Monday 20 April and you should be working your way through this. If you find yourself finishing sooner than expected, then please do some of the extension tasks and keep revising the previous work – use as many different memorisation techniques as possible and see if you can get someone to test you. You should also have completed your student work log for last week and be ready to finish it and return to your tutor via the Microsoft Teams assignment on <b>Friday 1 May</b> .
<b>10</b>	Your teachers are setting you individual work on Microsoft Teams and many subjects are using online learning platforms such as Seneca. Please make sure that you can access all of this with no problems and get in touch if you need help. You should also have completed your student work log for last week and be ready to finish it and return to your tutor via the Microsoft Teams assignment on <b>Friday 1 May</b> .
<b>11</b>	Your teachers are busy creating a new work pack for you. What you will be expected to complete will depend on your choices for next academic year. Please make sure that you have read the email from Mr Tomasevic and have accessed Microsoft Teams as you will be expected to communicate with your tutor on this. The vast majority of you had training on this before you left school. You have also been set some work to complete this week that is really important in supporting your next steps. All colleges will expect you to have kept up with some core work.

## Sixth Form

### General Message

A feature of most sixth form classes tends to be the discussion element: students working collaboratively to debate ideas and shape their understanding – in much the same way as university seminars work. Clearly, working from home prevents this happening in the same way and much of this debate is lost. However, some students have been working together over the various video and audio conferencing platforms. Where this is appropriate and secure, this is a helpful idea as it allows students to bounce ideas off each other and shape their learning in a much more effective way.

## Top Tips for Families

### Top tip/ helpful info

If you have a child on the SEND register who is struggling to adjust to this new way of working then please have a read...

A routine can be difficult to get into but once set up can be reassuring for both you and your child. Don't expect full concentration for hours on end as in a classroom there would be many short activities to break up the learning. If your child is struggling to 'get going', it might help to break down lengthier pieces of work into manageable chunks with time limits such as 'Try to write the opening sentence and two others in the next ten minutes', 'See if you can complete the first five questions by the time I have made a cup of tea...'

Check that any work from the knowledge organiser is actually understood rather than just copied down. Ask questions about the work they have completed or see if they can teach you about it. In this way the knowledge will become more secure in their short-term memory and then with continued use should be retained.

Many of the online resources, already suggested by staff, present work in a variety of different ways which can help to make the information more easily understood. Help your child to find the ways of learning that are best for them by trying a few over the next week or so.

If your child has a keyworker allocated, they can be contacted to support with any concerns along with teaching staff, and may be able to direct you to additional resources to help.

There are lots of free resources and fun activities online made available during this time. We have picked out some useful ones below:

## **THE ORWELL YOUTH WRITING PRIZE 2020**

**DYSTOPIA. UTOPIA. POLITICS. CHANGE**



### **#THEFUTUREWEWANT**

- AGE: 12 - 18
  - TOPIC: 'The Future We Want' (Max. 1000 words Y7-11, 1500 words Y12-13)  
Journalism, essays, short stories, blog posts, poems, and plays are all welcome.
- PRIZES:
- Have your work published and recognised by your peers and professionals
  - Win a cash prize
  - Win books for yourself and your school (winners receive all of Orwell's work, runners up Orwell's Essays)
- 
- DEADLINE - 11 June 2020
  - MORE INFORMATION - <https://www.orwellfoundation.com/the-orwell-youth-prize/>
  - CONTACT - [rgrant@nottinghamfreeschool.co.uk](mailto:rgrant@nottinghamfreeschool.co.uk)

A fantastic writing competition run by The Orwell Foundation which open to students aged 12-18 on the topic 'The Future We Want'. More information available here: <https://www.orwellfoundation.com/the-orwell-youth-prize/>

<https://www.duolingo.com/> is a great site and app for short language practice. Lots of languages are available.

<https://ed.ted.com/> has a number of interesting lessons and sections for students and parents to look at.