



Dear Parent(s)/Carer(s),

It feels very strange writing this newsletter but I think we're all trying to get to grips with our lives suddenly becoming very different. Last week was extremely difficult and I am so proud of our school community who rallied round and planned for a very different day, every day! The staff at NFS have been absolutely fantastic and shown such care and determination for our students.

Every student has a pack of work relevant to their year group. These will shortly be on our website in a new section called 'remote learning' under the 'study support' tab. These should last approximately four weeks and will be updated as we go along. We do not expect students to follow these during the period of time that would have been the Easter holidays, however, all of the work is still there if students wish to continue. Further guidance of timings and expectations can be seen in the 'Keeping up with education' section below.

Our staff will be in regular contact with their classes and tutor groups – please bear with us as we set all of this up. If you have any questions, please continue to us the [contact@nottinghamfreeschool.co.uk](mailto:contact@nottinghamfreeschool.co.uk). We will also be sending out a weekly assembly for all students via email. Over the weeks, I am sure that we will continue to think of ways to keep in touch with our students, to ensure that they continue with their education as best as possible and have some form of structure and normality to their weeks.

We are so proud to be able to continue to support the NHS and keyworkers by providing education to their children from today. All parents/carers have had an email about this and this information is also on the home page on our website. Booking support for free school meals is there too.

It is absolutely critical that all students working from home continue to follow government advice and practise social distancing – they should not be meeting up with each other and must stay 2m away from others if out of the house. The general rule is to not leave home unless you have to. We understand that for teenagers, this may feel very frustrating, however their actions will make a difference to the spread of the virus. We can see from the impact of the virus in other European countries how important sticking to these rules is. We also thank parents/carers for not coming to school as requested – we continue to ask this throughout this whole period of time.

This is probably the only time that we will be highlighting the benefits of social media! It is really important that our young people do stay in touch with their friends and social media or speaking on the phone/face time are great ways to do this. We will be sending out hints and tips on mental health and well-being each week too.

I finish with some lovely news – Mrs Douglas had baby William on Friday weighing a whopping 9lb 11oz! They are both doing well.

I hope that you find the information and contact with NFS useful. Please know that our thoughts are with our students and their families during this time.

Take care of yourselves.

Mrs J Brown

**A  
message  
from the  
Head of  
School**

# Safeguarding: Important Information for Parents/Carers & Students

## General message

### School Visitors

To keep everyone safe we ask that parents/carers do not come to school reception. We are minimising the number of people who visit the school site. If you would like to collect an item belonging to your child, please can you contact reception via email ([contact@nottinghamfreeschool.co.uk](mailto:contact@nottinghamfreeschool.co.uk)). We will try our best to find any items, but our priority has to be on the children who are on site and continuing the education for those working at home. If we find the item, we will be in touch to organise the collection of it.

### 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.

## Important contacts

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

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

[itomasevic@nottinghamfreeschool.co.uk](mailto:itomasevic@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

## Keeping Up with Education

### General Notices

#### Establish a routine

All of the advice shows that it is really important for everyone to have a routine when working from home. This does not have to be the same as that in school but we would suggest two to three periods of time a day when working on school work. We have already suggested to students that if they are struggling to know which subjects to study when, then they can follow the order of their school timetable. However, we would recommend shorter periods of study than the 45 minutes each. It is helpful to have time each day to exercise, enjoy the fresh air and do some practical activities e.g. art, cooking, making things.

It is really important that children get enough exercise each day but this needs to be in line with government advice and stick to social distancing – this means being 2 metres away from other people at all times.

#### Reading

Now is the perfect time to catch up on all the reading we never seem to find time for and the students need to be reading every day, just like when they are in school, and possibly for longer periods!

The Carnegie shortlist has just been announced so that is a good place to start if you and they are looking for inspiration:

<https://carnegiegreenaway.org.uk/cilip-carnegie-medal-shortlist-2020/>

In addition, Audible is free whilst schools are closed so maybe you and your child could listen to a story together?

<https://stories.audible.com/start-listen>

GCSE students should have their own copies of Lord of the Flies, A Christmas Carol and Macbeth for English Literature so they can be re-reading these to ensure they know them really well.

### Notices for Each Year Group

Year Group	
7	Your work packs and additional support can now be found on the school website: <a href="https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year7">https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year7</a>
8	Your work packs and additional support can now be found on the school website: <a href="https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year8">https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year8</a>
9	Your work packs and additional support can now be found on the school website: <a href="https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year9">https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year9</a>
10	Your work packs and additional support can now be found on the school website: <a href="https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year10">https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year10</a>
11	Your work support packs will shortly be found on the school website: <a href="https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year11">https://www.nottinghamfreeschool.co.uk/page.php?d=learning&amp;p=year11</a>

## Sixth Form

### General Message

Your teachers have been setting you work via Microsoft Teams (or email) and you will also have had contact from your tutors. You should have responded to all communications and we will be in touch with your parents if we have not had a reply or only a very limited response.

You are expected to do the same amount of work at home as your normal lesson time in school – it is absolutely critical that you keep up to date with this as you will need this knowledge in order to enter year 13.

## Top Tips for Families

### Top tip/ helpful info

Whilst it is important to get out and have some fresh air, this is becoming more difficult to do as we all have to practise social distancing (staying 2 metres away from people) and not go to places where there are lots of people. If you are looking to keep your child exercising, Joe Wicks has put some PE lessons on his YouTube channel: <https://www.youtube.com/thebodycoachtv>

This is live every day at 9am and is aimed at all age groups.

Want to give your children some clear information about Coronavirus – they can take a quiz on the BBC: <https://www.bbc.co.uk/bitesize/articles/zjswwty>

Want to be clear on all government guidelines about Coronavirus? See <https://www.gov.uk/coronavirus>

On 26 March at 8pm there is a national round of applause for all those working in the NHS  
<https://clapfourcarers.co.uk/>

Try a free mindfulness app for positive wellbeing support: <https://www.headspace.com/>

## General Notices

### Notice

All Duke of Edinburgh training sessions and expeditions are postponed until further notice. They will be re-planned for a time when we are allowed to take part in these types of activities again.







