### **Nottingham Free School**

## Weekly Family Newsletter Monday 30 March 2020



#### Dear Parent(s)/Carer(s),

As we start our second week of the UK lockdown, I want to say a big thank you to all of you for supporting the work of the school during this time. It has been lovely to receive positive messages from parents and we continue to try our best to support all of our students who are having to get to grips with working from home.

We appreciate that this is not an easy task for families and so we have some further information about this in the 'Keeping up with Education' section.

Whilst much of the current situation has meant some difficult adjustments for us all, it is always good for our well-being to look for the positives. There are lots of free activities for young people available now and we will try to inform you about as many of these as we can find. It is really important for everyone to keep up with reading – if you don't have many books at home then there are plenty of free ones available online and we'll have some top tips for you each week. Please do make some time every day to read – remember this doesn't have to be fiction, all types of reading is useful.

Over these next couple of weeks we want to move to all of our students communicating with their teachers using Microsoft Teams – this is a much easier platform to manage and we are trying to reduce the amount of email traffic for everyone. We know that not everyone has been able to access this and so will be working through any of these issues as soon as we are aware. We would really appreciate it if you could take some time to sit with your child and check that they can access this and know how to use it properly – more information is available in the 'Keeping up with Education' section and on our school website.

We continue to wish all of you a safe and healthy week. Thank you for your continued support Mrs Brown A message from the Head of School

### Safeguarding: Important Information for Parents/Carers & Students

#### **General message**

#### **School Visitors**

Thank you to all parents for helping us by not visiting the school site. Our office email (<u>contact@nottinghamfreeschool.co.uk</u>) is monitored daily so please do get in touch with any queries.

#### 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 <u>severs@nottinghamfreeschool.co.uk</u> 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 <u>candfdirect@nottinghamcity.gov.uk</u>

KOOTH (online counselling) – KOOTH.com BASE 51 (counselling) – info@base51.org.uk www.base51.org.uk SHARP (support for self-harming) - 0115 9158900 <u>Camhs.Sharp@nottinghamcity.gov.uk</u> Harmless (support for self-harming) – www.harmless.org.uk WAIS (domestic violence support) - <u>http://www.wais.org.uk/viewpage.php?page\_id=16</u> Thinkuknow (online safety) – <u>www.thinkuknow.co.uk</u> Young minds – <u>www.youngminds.org.uk</u> Samaritans – <u>www.samaritans.org</u> B-eat (eating disorders) – <u>www.beateatingdisorders.org.uk</u> LGBT – <u>www.youngstonewall.org.uk</u>

Key staff email contacts:

<u>kgray@nottinghamfreeschool.co.uk</u> – senior leader for student welfare and designated safeguarding lead. <u>Jharnan@nottinghamfreeschool.co.uk</u> – SENDCO and designated safeguarding officer. <u>sseymour@nottinghamfreeschool.co.uk</u> – student welfare/attendance officer + designated safeguarding officer. <u>pcleverley@nottinghamfreeschool.co.uk</u> – 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@nottinghamfreechool.co.uk – senior leader for year 7 achievement		
lwilson@nottinghamfreeschool.co.uk – Head of Year 7		
<u>sdetton@nottinghamfreeschool.co.uk</u> – 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**

#### Weekly Routine

Hopefully by now you have established some sort of routine that fits with your individual family circumstances. We appreciate that it is difficult to know what to expect children to complete each week in terms of the amount of work and whether they are learning properly. We do not want parents to worry about this. During these times, the most important things are to ensure they have a routine, have a good balance to each day and are completing a range of work. The amount each day will vary depending on your child, their needs and your circumstances. We know that they will not be able to learn at home in the same way that they do at school but it is important to still keep in touch with work and keep their brains occupied. The work we are setting is designed to be easier to complete at home and should be a reasonable amount to complete.

They could also do a variety of practical activities as well such as: cooking, baking, gardening, music and art/craft which you design at home. All of these are helpful for a balanced approach and daily exercise is very important – don't forget the online PE lesson everyday from Joe Wicks on YouTube (suitable for any age!).

If you have any worries about any of this, please do contact your child's tutor or one of the staff listed above and they can give you further guidance.

If you are not sure how to structure each day, we have put some sample daily/weekly timetables on our remote learning tab on the website. These do not have to be used but are there for support if needed. Follow this link <a href="https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=intro">https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=intro</a>

to the remote learning homepage then choose your year group. The templates are under the 'Structuring Your Day' section.

There is also a useful article on the BBC called 'Coronavirus: How to help kids cope with life without school' <u>https://www.bbc.co.uk/news/uk-politics-51959957</u>

#### **Microsoft Teams**

We will shortly be requesting that all students use Microsoft Teams to receive their work and regular messages from their teachers. This is in order to help reduce the amount of emails they are getting and help them to keep organised. Please can you check that your child can access this and knows how to use it. Video tutorial is available on our school website on the remote learning page:

https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=userguidesandtutorials

If you have any problems accessing this, please inform your tutor. As time goes on we will continue to post updated workpacks online as well so that everyone has access.

#### Reading

World Book Online has made their collection of 3,000 ebooks and audiobooks available for free for children to access at home.

David Walliams is releasing a free audio story every day for 30 days (I think his stories are just as enjoyable for adults too so get listening as a family!) <u>https://www.worldofdavidwalliams.com/elevenses/</u>

Have a look here for a round up of some of the best new releases for children and teens. We all appreciate some escapism during difficult times and a book is the perfect answer

https://www.theguardian.com/books/2020/mar/28/childrens-books-roundup-the-best-new-picture-books-andnovels

Notices for Each Year Group		
Year Group		
7	Your work packs and additional support can now be found on the school website:	
	https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=year7	
	Please start to use Microsoft Teams to communicate with your teachers if possible.	
8	8 Your work packs and additional support can now be found on the school website:	
	https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=year8	
	Please start to use Microsoft Teams to communicate with your teachers if possible.	
9	Your work packs and additional support can now be found on the school website:	
	https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=year9	
	Please start to use Microsoft Teams to communicate with your teachers if possible.	
10	You should now be on Microsoft Teams and have had communication with your subject teachers.	
	Please contact your tutor if you have any problems. You will start to be set more individua	
after Easter.		
	Your work packs and additional support can now be found on the school website:	
	https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=year10	
11	Your work support packs will shortly be found on the school website:	
	https://www.nottinghamfreeschool.co.uk/page.php?d=learning&p=year11	
	Please start to use Microsoft Teams to communicate with your teachers if possible.	

# Sixth Form

#### **General Message**

Please remind any Y12 students who have applied for the Student Ambassador roles that the deadline for their presentation is today! E-mail to Miss Britten on <u>abritten@nottinghamfreeschool.co.uk</u>

All students should be in touch with tutors this week if they haven't been already. As we all settle in to working from home, it is really important that all students keep channels of communication open so that we can support them.

In addition to the work set on Teams, students have also been asked to update their CVs in readiness for the applications processes once we return to sixth form - wherever their next steps after Nottingham Free School are.

# **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...

When you are having to learn from home it can be difficult to organise and keep on top of all the different pieces of work you have to do, particularly when you are working on a laptop or iPad. Creating a wall chart that shows all the different tasks you need to complete can help you prioritise your work and make sure you cover everything.

Try listing your tasks by subject with the date they need to be completed next to them. You could also give them a difficulty rating so you can focus on spending more time getting the trickiest tasks done first. You can also set yourself a reward for the completion of each bit of work which is great motivation to get those tasks ticked off the list!

some useful ones below:	
The National Theatre are live streaming a full production on You Tube every Thurs	day at 7pm (and then
available for 7 days afterwards) – may be suitable for everyone to see but especial	lly our GCSE drama students.
Search on You Tube <a href="https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEN">https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEN</a>	<u>AQjqw</u> or find more details
at: <u>https://www.nationaltheatre.org.uk/nt-at-home</u>	
Please check first that it is age appropriate/suitable for your child/children.	
The first four plays are:	
One Man Two Guvnors - from Thurs 2 April	
Jane Eyre- from Thurs 9 April	
Treasure Island- from Thurs 16 April	
·	
Twelfth Night- from Thurs 23 April	
Fancy even more culture? The Royal Opera House are also live streaming some fre	e productions.
https://www.youtube.com/user/RoyalOperaHouse	
The following productions will be offered on demand, for free, on the ROH's Faceb	book and YouTube channels:
Peter and the Wolf, The Royal Ballet, 2010 (27 March, 7pm)	
Acis and Galatea, The Royal Opera, 2009 (3 April, 7pm)	
Così fan tutte, The Royal Opera, 2010 (10 April, 7pm)	
The Metamorphosis, The Royal Ballet, 2013 (17 April, 7pm)	
Various ballet productions are available too.	
Free Q&A with Steve Backshall	
•	unstight about wildlife and
You can catch Steve every day on Facebook at 9.30am where he'll be answering qu conservation.	destions about whunte and
Catch up on You Tube: <u>https://www.youtube.com/channel/UCm-URP49TgSgyIU1r</u>	ab2m7A (featured
Free Science class with children's TV presenter Maddie Moate. She will be running	-
	science classes on weekday
at 11am via her YouTube channel.	ha availabla ta watab
Join her and Greg to find out more about science and nature. Her classes will also	
afterwards. <u>https://www.youtube.com/watch?v=d7EdZa24fMs</u> The most recent o	ne is all based on plant
biology and features a daffodil dissection.	
Strictly Come Dancing champion Oti Mabuse is offering dance classes for children a	
media platforms, with help from her husband Marius Lepure. You can find the kids	
Instagram and YouTube accounts at 11:30am every day from now until at least Ma	
And, if 11.30am doesn't suit you, you can catch the class on her YouTube page after	er the livestream is over.
https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g	
Educational software company Rosetta Stone is offering schoolchildren free access	s to its language courses for
three months to help kids who are learning from home.	
It normally costs £50 to sign up for three months so this could be worth looking int	to. You can choose from
French, Spanish, Italian or German - and if you have more than one child you can s	
different email addresses. <u>https://www.rosettastone.co.uk/lp/freeforkids/</u>	
This is a lovely way to end (or start!) your work time, with a short meditation to he	In everyone feel calm and
grounded.	ip everyone reer cann anu
It normally costs around £50 to £60 a year for a subscription to Headspace or Calm	hut hoth anns have release
free content to help people through the coronavirus crisis.	Tour both apps have release
You can do 'Calm Kids' or 'Soothing Mediatations' on the Calm app <u>https://www.ca</u>	_
or tap into a collection called 'Weathering the Storm' on Headspace https://www.l	headspace.com/covid-19