

Issue No 17
15th January 2021
Important Dates

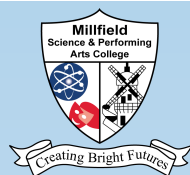
**Wednesday 20th
January**
Year 11 Parents'
Evening

**Friday 12th
February**
School closes for half
term, re-opens
Monday 22nd
February

**Just a reminder
of our school
day:**

- * 8am Up, dressed, breakfast and raring to go!
- * 8:45am Lesson 1
- * 9:45am Lesson 2
- * 10:45am Breaktime
- * 11:05am Lesson 3
- * 12:05am Lesson 4
- * 1:05pm Lunchtime: Get fresh air or call a friend
- * 1:50pm Lesson 5
- * 2:50pm Recap today's learning.

E-mail admin@millfield.lancs.sch.uk
Website: www.millfield.lancs.sch.uk
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Millfield MESSENGER

Belvedere Road, Thornton Cleveleys, FY5 5DG

Telephone 01253 865929



Dear Parents and Carers,

As this is the first Messenger of 2021, I would like to wish a Happy New Year to all our families again!

A huge thank you to the 86 parents who took the time to email positive messages to Team Millfield; they were collated into a presentation for staff and it gave them all a fantastic end-of-year boost – a selection can be found in this Messenger. Also included in this edition is a summary of the virtual parents' forum and the action points we have put in place following listening to, and responding to, parents' feedback.

With the government advising that all schools would stay open to all students, I am sure that most of us hoped that we would not be here again: educating children at home and school only being open to our key workers' children and vulnerable children. I am incredibly proud of everything we have achieved since last year, and how we have moved from Insight to being able to deliver high-quality remote learning to all students using Teams and Talaxy. It has required fast learning for both staff, students and parents, and we are still continuing to learn as this is the first time we have all had to use these new platforms. The key is that we are all doing our best in these difficult times. One of our lovely parents summed it up nicely: "Thank you to all the staff for the home-schooling that they are doing at the moment, I have to say I know we are only a few days in but what an absolute difference this time! Thank you."

After last year, our school priority was to ensure every single student had access to their own device at home, so they did not fall behind their peers. We purchased over 100 laptops and have now received over 80 from the DfE: we still have some laptops available in school for any student who does not have a suitable device of their own at home – all students can access a device. Please contact Miss Holden if your child needs a laptop or if you do not have broadband at home.

Teachers will complete registers for every lesson and parents will receive calls if we have significant concerns about non-engagement. It is vitally important that we have high expectations of our children and encourage them to continue with the routine of school and fully engage with their learning. If any parent or student is worried or having difficulties, we have a team of staff on hand to offer support, guidance and encouragement.

I have asked Mr Byrne and Miss Gower to implement a new rewards programme for our Key students, so their hard work and achievements during remote learning can be recognised and rewarded. I shall look forward to seeing everything your children are achieving at home and if parents would like to share any pictures or positive experiences or achievements, please email them to me at school or via the school's Twitter @millfieldhighsc.

I wish you and your families all the very best. Keep safe and keep well.

N. Regan

Nicola Regan
Headteacher

Be Exceptional!



KEY STAGE 3

A huge welcome back to all our brilliant students and staff after what I hope has been a restful and relaxing break for you all. Firstly, thank you for your support and flexibility with our return to school since January, it has not been easy for anybody given the circumstances. We are grateful for the understanding families have demonstrated and the maturity of our students.

I would like to remind parents and students that our form tutors and pastoral leaders will be in regular contact with your children, completing welfare checks, supporting with the work set, providing feedback and offering advice to families where needed.

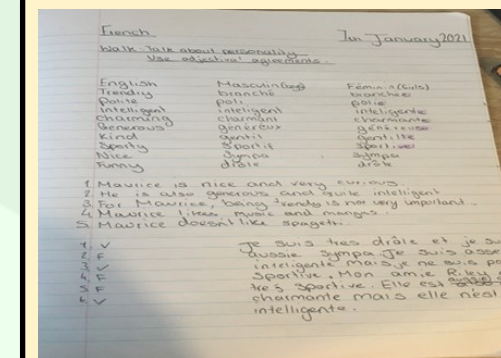
Our staff have been continuously setting work for students online via Talaxy, whilst monitoring the engagement and completion rates across year groups. We understand the lockdown is not an ideal scenario for many of our children, but the support we have received from parents to try and motivate and enthuse students with the completion of work has been fantastic. We know first-hand that motivating teenagers to complete subject tasks when there is no teacher physically with them can be a challenge for any parent.

It has been wonderful to hear stories of how some of you have coped, and also the measures you have put in place so that your child does not feel like they are falling behind. Here are some examples of fantastic work that has been completed remotely...

Mr. Byrne
Head of Key Stage 3

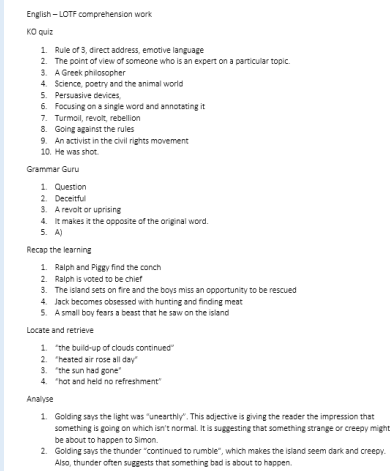
From Mr Robathan

Below is some work from Evie Jones in Year 8. Absolutely brilliant. She has developed her understanding of the language and then used it independently to create her own description of someone else.



From Miss Holden

Here is some excellent English work from Naomi Butler in 8A1.



Exceptional Students!

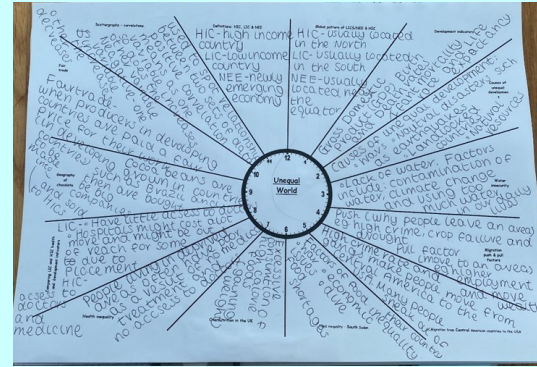
From Mrs Devaney

Here is some exceptional artwork from Tom Langford in Year 9. It's Prep work for the Remote Learning Art project we are starting this week.



From Mrs Wilson

This is a great example of revision work carried out in year 9 by Payton Stewart.



Maddie Gilby 9A2. Fantastic effort from Maddie who produced a video on her work.

From Miss Copping

Payton Stewart has consistently shown 100% effort. She has completed all of her class work and home learning and has been very proactive in lockdown. I am so proud of her resilience and effort!

From Miss Norman

Exceptional work from Lucy Cooper in Year 9.



From Mrs Wilson

Steph Shaw has done a great job, on her geography project!

Plan

- Include which sports are popular in the UK. Information from internet.
- Explain why football is a good example of globalisation. Information from internet. Include map highlighting football playing countries. Include World Cup and Top Flight football information.
- 2012 Paralympics. Describe some of the main events. Giving dates, attendance figures and travel information found online.
- Include highlighted maps of paralympics stating where certain events took place.
- Also try and include the impacts and effects the paralympics had on people. Information found on the internet.
- Include infographic about sport in the UK. Include most popular sports, their governing bodies and some interesting key facts from their websites.
- Create photo gallery on leisure in the UK. Again choosing the most popular pass times and some facts to add interest.
- Would like to include a graph showing the growth within paralympic sports.
- Finish with fun quiz covering information from this project.

How will HS2 help sportsmen and women ?

- HS2 will be a big help to sport in the UK. HS2 will help transport people to where they want to be quicker, this will help people who are involved with sport or have an interest in sport. This is because it will save people having to get up super early in the morning to catch a train to get where they need to be. They could get up later and get on a train that will get them there quicker. When they have finished their activity they can catch a train and be home not too late. Therefore HS2 would be a big help not just for travel but for sport as well!

Popular sports in the UK

- Football, Field Hockey, Cricket, Rugby Union, Rugby League, Netball, Athletics, Tennis, Golf, Cycling.
- Football: Many people might not realise but football was actually invented in China around 476 BC. It is now so popular that more than 3.5 billion people watch the FIFA World Cup.
- Hockey: This sport was the 3rd most watched sport at the London 2012 Olympics. Hockey (originally called 'Shinty') is the 2nd most popular sport in the world after football.
- Cricket: It is said that Cricket originated in England due to sheep grazing and keeping the grass so short it was possible to ball a ball of wool across it and play 'Cricket'. The two most common causes for pausing play are rain and bad light.
- Rugby Union: is a massively popular sport worldwide for both males and females. The registered number of players are around 2.36 million but the number of unregistered is thought to be around 6 million.
- Rugby League: is a very competitive sport and is also the national sport of Papua New Guinea.
- Netball: Netball is derived from basketball aimed at women. It is now so popular that it is played by more than 20 million people worldwide.
- Athletics: Also called track and field. The Olympics is the biggest showcase for athletics, where the worlds best competition come together to try and earn a gold medal. Athletics covers sports such as sprinting, high jump, shot put, long distance running and many more.
- Tennis: Tennis originated in France in the 12th Century but was played using the hand. Rackets weren't introduced until the 16th century. Tennis can be played in singles, doubles or mixed doubles, so it's very inclusive. Wimbledon is the oldest tennis tournament in the world.
- Golf: There are over 34000 golf courses in the world. Originally golf balls were made from wood, but now they are produced from rubber. Although no one really knows, it is widely accepted that golf was invented in Scotland about 500 years ago.
- Cycling: It is thought that there are around 20 million bicycles being used in the UK currently. The biggest cycling event in the world is the Tour de France. It is so tough that the cyclists will burn around 7000 calories per day.
- All of the above sports are often played for leisure or at local level. We know this because there are local clubs, leagues and tournaments etc. The sports are popular within society as well as being played professionally.

The governing body is The Football Association, The FA also govern match officials and referees. The biggest competition they host is the FA Cup.

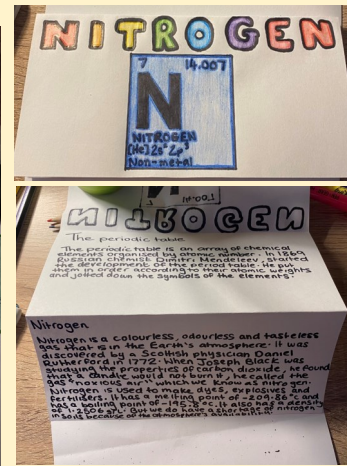
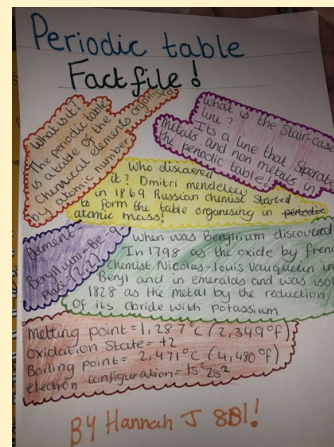
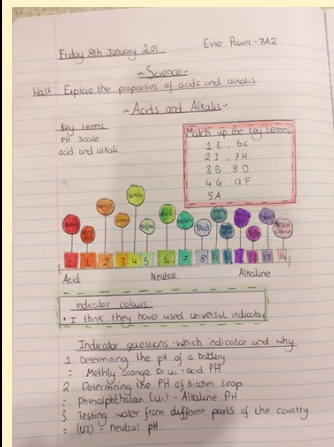


Governing body England Netball. There are 92,000 netballers! The national netball team are called the Vitality Roses. The netball series (which is their international league) is sponsored by Cadbury.

The governing body of tennis is the Lawn Tennis Association, winning a women's or men's single will net the player £2.25m! The oldest tennis club in the world is Edgbaston Archery and Lawn Tennis Society (1866).

Above is only a selection of the many informative pages Steph has written.

From Miss Sharp



Excellent Effort

7A2 - Tayla Dyas: The effort she puts into lessons has been fantastic and she appears to have taken the transition to remote learning in her stride. She contributes to the Teams meetings and always asks for help.

Excellent Effort

8A1 - Joel Alcock: Joel has submitted all his work on time, it's been to the same high standards he his work back in school and it is clear he's trying really hard with remote learning.

Excellent Effort

8A1 - Leon Williams: Leon has been really proactive in asking for help and checking that he is completing the work correctly throughout the lesson. All his work has been submitted promptly and the effort he's put into tasks has been fantastic.

Exceptional Students!

HOT CHOCOLATE WITH THE HEADTEACHER

Year 7

- Lily Waring
- Toby Tyler
- Shane Connor
- Emily Ford
- Amelia Farrell
- Shinaya Hunte

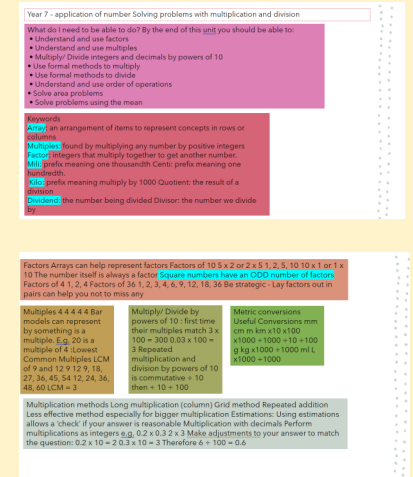
All of the students have been nominated by Miss Longworth for their excellent work in Drama.

Be Exceptional!



From Mrs Hall

Well done to Claudia Greenwood for her amazing work on her knowledge organiser.



Excellent work in Maths

- * Callum Dawson
- * Thomas Pritchard
- * Josh Alderson
- * Christopher Brooks

Excellent Effort

8B1 - Beau Clarkson: Beau is definitely thriving during remote learning. He has submitted all his work and has put a lot of effort into all the tasks that have been asked of him.

Excellent Effort

9B1 - Payton Stewart: Payton has carried over the exceptional standards of work she put into lessons when we were at school to her remote learning. She has done all the tasks that have been asked of her, and pushed herself to do challenge and extension tasks.

Excellent Effort

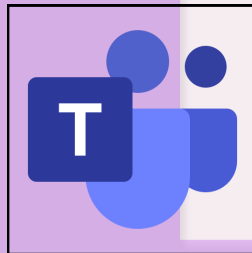
Adam Sillet: Adam has been working really hard in science and has produced some fantastic work over the last week. He has completed all tasks, he contributes to the Teams meeting and is keen to see if he's got answers correct.



KEY STAGE 4

Firstly welcome back to school to all our brilliant Key Stage 4 students. It has been a very strange start to the year but the maturity, resilience and dedication to achieve shown by our students has been wonderful to see. Thank you to parents and carers for the support you have shown both to the students and the staff.

The vast majority of Key Stage 4 students are engaging really well with our new remote learning and are producing a very good standard of work. Just a reminder that students need to join the Teams meetings each lesson in order to receive their attendance mark.



Year 11 students received their mock results this week and should receive their reports in the next couple of days. A reminder that Year 11 Parents' Evening is on Wednesday 20th January.



During PSHE next week (Wednesday Period 1) Blackpool and Fylde College will be running an Application Workshop. Students will be sent a link to join this Teams meeting.

All students should attend this as it will provide information which will be useful for whichever college students are applying to. Please do keep encouraging them to complete their applications to college; I regularly email details of virtual open events which will be of interest to students.

On 3rd of February during the PSHE lesson (Period 2) Blackpool and Fylde College will be running an aspirations / resilience workshop for Year 10 students. Again, students will be sent a link to what I am sure will be a very useful session.

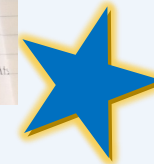
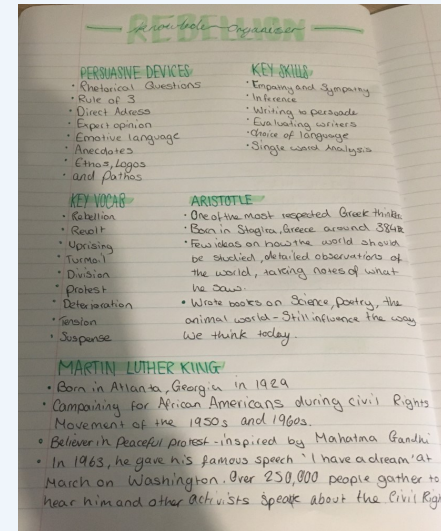
Please feel free to get in touch if you need further information.

Miss. Gower
Head of Key Stage 4

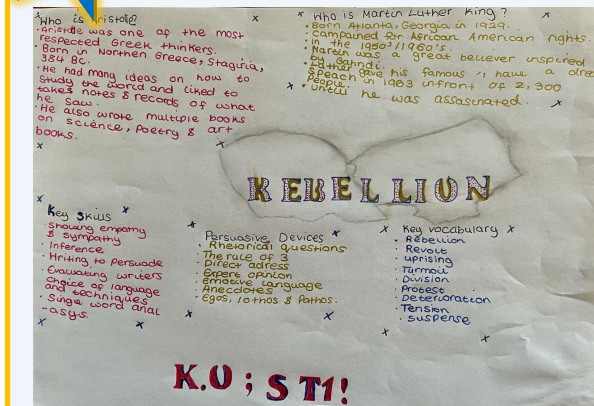


Excellent Knowledge Organisers

Wow! These revision resources are fantastic from 8A1, Evie Jones, Lewis Kershaw, and Alyssa Hellawell. Well done!



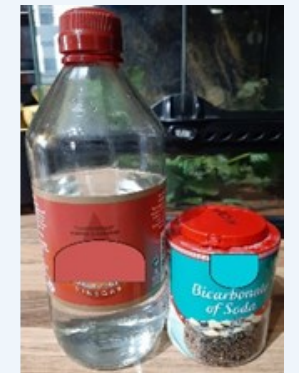
Rebellion		
<u>Key Vocabulary</u>	<u>Key Skills</u>	<u>Persuasive Devices</u>
Rebellion	Showing empathy & sympathy	Rhetorical Questions
Revolt	Inference	The Rule of 3
Uprising	Writing to Persuade	Direct Address
Turmoil	Evaluating writer's choice of language and techniques	Expert Opinion
Division	Single Word Analysis	Emotive Language
Protest		Anecdotes
Deterioration		Ethos, Logos & Pathos
Tension		
Suspense		
<u>Who is Aristotle</u>	<u>Martin Luther King Jr</u>	
Aristotle was one of the most respected Greek thinkers.	Martin Luther King Jr was born in Atlanta, Georgia in 1929	
Aristotle was born in Northern Greece in the city of Stagira around the year 384 BC.	Best known for campaigning for the rights of African Americans during the Civil Rights Movement of the 1950s and 1960s.	
Aristotle had new ideas on how the world should be studied. He liked to make detailed observations of the world, taking notes and records of what he saw.	Martin was a great believer in peaceful protest, inspired by the Indian activist Mahatma Gandhi	
He also wrote books, science, poetry and the animal world and his ideas still influence the way we think today.	In 1963, Martin gave his famous 'I Have a Dream' speech, at a famous rally named 'March on Washington'. Over 250,000 people gathered in the country's capital to hear Martin and other activists speak about the importance of civil rights.	



Cleaning Tips

This fortnight we are going to consider our cleaning habits. Many of us, including myself, use chemicals in plastic bottles for our house, however there are ways to

reduce this plastic and also reduce the amount of harmful chemicals being washed into the environment. To reduce plastic, there are lots of places now that do refills for you. Some local supermarkets have refill stations, and there are small, independent shops too that can refill your cleaning products for you. Many of them offer products that clean well, but have less impact on the environment. Some products also come with a choice of packaging. I have many friends who still buy washing powder/liquid in plastic bottles, yet washing powder (which is just as effective as liquid) comes in large cardboard boxes. There are also alternatives to the usual washing powders and liquids available, although I have yet to try them myself (I just can't move away from my boxed washing powders just yet with cloth nappies)! They include containers that you add to your washing machine that you can fill with cleaning pellets, and natural alternatives such as soap nuts. There are also lots of eco-friendly products on the market too, but be careful of "green washing" as some products may at first appear to be environmentally friendly, but may not be as great as they seem. If in doubt, a little bit of research online can soon help you make the correct choice.



There are also brilliant ways to clean your house without even using harsh chemicals. My favourite products are bicarbonate of soda and white vinegar. They get rid of lime scale, tough and dried in foods on oven trays, make your shower, bath and sinks sparkle, and clear out (small) blockages in drains. If you are going to use it in an appliance, however, make sure you check with the appliance maker first. I checked with my kettle manufacturer and got the go ahead (phew) but others may say it can affect your warranty. Also, don't use it as a surface cleaner, as vinegar is acidic, and although diluted, it could still react with your work surfaces over time. It is also not a friend to rubber or plastics.

Vinegar works wonders at descaling my kettle, and a mix of bicarb, vinegar and water has helped get rid of dried in food on oven trays and racks, and also the soap scum rings around the sink in the bathroom. There are plenty of websites with advice, just make sure you choose reputable ones as some of the advice out there isn't as reliable as others.



I would like to say how incredibly grateful I am for the support I have been shown during a particular hard time not just through the Pandemic but through personal things.



I would like to thank all the teachers that send text messages to the pupils' parents with praise and encouragement about their children, what a good gesture to make your child feel good about them self, and me as a parent to feel proud, thank you.



Firstly, I would like to say a big thank you to the school on a whole for keeping things running so smoothly at this difficult time, I can't imagine how hard and stressful this must be for you all and I for one really appreciate it!



As a parent I really appreciate all the hard work that has been put in this year. I can't imagine how many hours of planning and discussions must have taken place. You have all worked above and beyond. Thank you all for everything.



Thank you for all your hard work this year in the most challenging of circumstances. Your commitment to the children has shone through and is truly appreciated.



My son absolutely loves school!
A massive thank you also too ALL the staff, office staff, cleaners, kitchen staff...EVERYONE...you are all superstars!



"Thank you for risking your lives to educate us. You are all heroes!"



From a parent's point of view, I have always found the admin team helpful and prompt in sorting out any issues. In addition, during lockdown teachers were friendly, approachable and understanding.



My son and I have discussed how his journey has been so far at Millfield in Year 7. He feels that every one of his school teachers push him to the maximum in lessons which he loves!

TEAM MILLFIELD A SELECTION 86 MESSAGES FROM



Both myself and my daughter are really grateful for all the support we have received from all the amazing, caring staff. It's been a difficult year but the continued support from all the staff has made it a little easier. Thank you so much! We had lots of support during lockdown and it was good to know that we could contact staff and ask for help. It is also encouraging that my daughter feels comfortable emailing her teachers because she knows they will get back to her ASAP! You are a fantastic team!!



As a parent of a very new student I can only thank the whole team at Millfield. Our daughter has attended the school for a matter of months, the progress that she is achieving is such a pleasing result of her moving to the school. She comes home happy on a daily basis, feeling encouraged to achieve her best. Both me and my daughter's dad wanted to take the time to thank all the teachers that have spent time and effort pushing her to achieve great things.



It's obviously been a very different and difficult year with so many challenges for the staff and pupils. From a parent's point of view, I have nothing but praise and thanks to each and every one of you for all your hard work and dedication. Home learning and trying to support my daughter, made me realise what a wonderful job you do and I take my hat off to you!



I would like to say a HUGE thank you to each and every staff member at Millfield. To those of you who teach... to those of you who support learning... to those of you who cook the dinners... to those of you who supervise the pupils at lunch time... to those of you who clean and maintain the school and to those who run the office - thank you! You are all amazing!



I would like to personally say thank you for making the transition from Primary School to High School a smooth one for my daughter. I can only imagine the huge task you have all had as a school to organise and plan due to Covid 19. I am extremely impressed with how the school have managed this throughout the school year so far.



Would just like to say how impressed we were with the online materials and teaching that our children were provided with. How it made us realise and appreciate how important it actually is for face-to-face teaching and just what an amazing and important impact the teachers have on our children. Thank you for all your hard work.

SECRET SANTA: FROM THE OUR PARENTS!



I would just like to express our gratitude to all staff for the support that they have provided to all our children in these unprecedented times. As a frontline worker myself I totally appreciate the difficulties in navigating our way through this global pandemic and acknowledge the extra the demands placed on school. Teachers in Team Millfield have done an outstanding job at getting our children back into school and keeping them safe!



In my first term at Millfield all my teachers have made me feel welcome and they have helped me settle in and feel at home. Thank you to all the staff at Millfield for helping my daughter settle into year 7 and for all your hard work in keeping school life as safe and normal as possible in testing times.



Personally I would like to say that I think the staff have been fantastic, especially during these unprecedented times. Throughout lockdown before summer, work was sent consistently and support was available when needed. I think what impresses me the most about the school is the communication and partnership working with parents.



I would like to take this opportunity to say thank you to all the teachers at Millfield. Our daughter was very nervous and anxious about starting given missing so much school due to Covid, but everyone put her at ease and now she looks forward to going to school each morning. If there is ever problem they are quick to help, the school always keep in contact with parents, thank you so much to everyone for keeping our children as safe as possible and being there for them.



I would like to thank all staff for the support given to my son, especially during the lockdown period when he was one of few students in school. Without your help I couldn't do my job within the NHS. Also knowing he was safe in school while I was at work really helped and made a difference to our lives. Thank you to all the teachers, TAs and staff for this support and for not only helping him academically but also emotionally and providing fun activities for him to take part in. I cannot thank you enough and I am proud to say that my son is part of a school that has such caring staff.



I would like to thank all the staff at Millfield for all they do. My daughter has settled in well at this school and has been happy to go back to school in September even though it's not normal times. I think you have all done a great job with the challenges faced this year.



Thank you for everything you have done for my son, I will be forever grateful and will be gutted when he leaves Millfield.



We are on our 8th year of Team Millfield between our daughters! It has been a very happy 8 years - we've loved the personal family feel and of course the fantastic teaching and opportunities given!



The staff at Millfield have done an amazing job this year in very difficult circumstances. Our children would like to thank all their teachers for all the help and support they have received this year. Well done Team Millfield.



Just a big thank you to all the staff. I couldn't have asked for a better start and transition to your school for my daughter. You are all wonderful.



I think Millfield has been a fantastic school. As a parent of a year 11, all the staff in my eyes should be applauded for their hard work.



Thank you to everybody for doing their best to still make going to school enjoyable, in spite of restrictions. Thank you to some teachers for sending good feedback for some of the class. That helps to keep motivation high.



I would like to thank all of the staff for all the hard work they have done this year, it's been particularly hard for everyone, but by all your professionalism it's made life a lot less stressful knowing our children are safe and well cared for at school.



I want to thank you very much for taking caring of our son during these difficult times. He goes to school with a smile every day and this is a tribute to the way you treat students at school. I have nothing but nice thoughts when I think of my son in Millfield.



Thank you for carrying on regardless to every member of staff at Millfield in these trying times. I'm so grateful for your kind treatment through our rough time we have had recently.

Points Raised and Action Points from the Virtual Parents' Forum 2020

We received a total of 53 responses, which are summarised below by theme:

- 11 Covid/Health and Safety
- 4 Behaviour/Pastoral Issues and 4 Personal (issues specific to own child)
- 1 Parents' Evenings
- 7 Home-learning
- 10 Teaching and Learning
- 16 Positive comments/no comments left



The Senior Leadership Team: Mrs Regan (Headteacher); Mr Humphreys (Deputy Headteacher: Curriculum and Attendance); Mr Grayston (Senior Assistant Headteacher: Data, Assessment and Trips); Mrs Thompson (Assistant Headteacher: Teaching & Learning and Maths) and Mr Deaville (Assistant Headteacher: Behaviour, Safeguarding and Pastoral) have discussed all concerns/comments raised and, where necessary, have contacted parents for further discussion.

- The Covid Health and Safety concerns were addressed by Mr Humphreys; the majority of these were single issues from parents (such as toilet breaks, science stools, bike shed, break times, and curriculum time – not doing practical lessons, due to restrictions). Three parents were concerned about supervision at lunch times.
Action Points: The school has purchased chairs with back supports for Year 11 science rooms; we have 1 member of staff covering 2 classrooms every lunch time (this is a capacity issue and requires staff volunteers to give up their lunch breaks); hopefully during the summer term we may be able to revert to a normal curriculum model, however this will be completely dependent on Covid levels and government advice.
- Concerns of behaviour of students: at lunch times, outside school (swearing) and the length of girls' skirts. One was about the cost of school uniform.
Action Point: Mr Deaville has contacted these parents. Girls' skirts – we ask all parents to ensure their daughters have skirts of a suitable length.
- Parent requested virtual parents' evenings. The school has completed over the phone meetings in the autumn term however we knew that we needed to improve this for future parents' evenings.
Action Point: Mr Grayston and the IT team have set up Talaxy for 1 to 1 virtual parents' evenings, which we will launch with the Year 11s in January 2021. If parents feel this is preferred and it is successful, we may look to continue these post-Covid.
- Home-learning. The main concerns were surrounding the frequency, quality and consistency of home-learning and knowledge organisers.
Action Points: Miss Holden (Lead Practitioner for Teaching and Learning) has uploaded an explanation video of knowledge organisers to the school's website. Home-learning is now set on Talaxy and is quality assured each week by every Head of Department.
- The main points raised regarding teaching and learning were that remote learning should be improved and, if required to remote learn, there should be better communication from teachers. One parent requested compulsory after-school catch-up lessons every night of the week and one requested i-pads for all students.
Action Points: Mrs Thompson has written a new remote learning policy and explanation video of what remote learning is. This has been emailed to all parents and is on the school's website. The school has now set up all students and staff on Microsoft Teams and all students have their own school email. Following the Year 10s two weeks remote learning, we took feedback from students and have again reflected and improved our systems, including writing a brief help guide for students and staff. The DfE allocated us over 80 laptops and school has purchased an additional 100 for students who do not have access to a device or Wi-Fi at home (to purchase iPads for all students is not financially viable). The school runs after-school intervention sessions for Year 11s; we are buying into catch-up tutoring from the National Tutoring Programme and from our own teachers (if needed).

December 2020 Mrs Regan

Make a Difference



HOT CHOCOLATE WITH THE HEADTEACHER

Year 8

- Imogen Borrowdale
- Hazelle Ham
- Ellie Dyas
- Zac Haddon
- Dominic Birch
- Callum Hartley

All of the students have been nominated by Mr Doxey for their excellent work in P.E.

Be Exceptional!

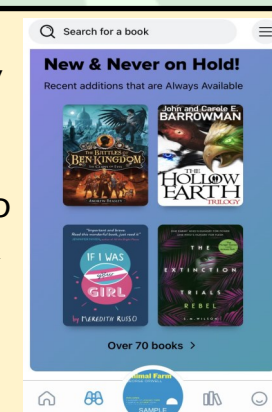


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REMINDER ABOUT FACE COVERINGS

Wear one for EVERYONE

Teaching and Learning Tip

Whilst completing remote learning, it is important to maintain high expectations and standards. With a clear routine, encouragement, and motivation, students should continue to perform at the level we know they are truly capable of.



Top tips to be successful:

- * Keep a routine – get up at your usual time and stick to your timetable.
- * Set up your study space – find an area in your house where you can sit comfortably and concentrate. Make it separate to your relaxation space. Try to stay away from a TV screen or other distractions.
- * Get organised - make sure you have everything you need to study before you start. You should have your equipment and any books or resources you need. Being prepared helps you to focus on the task at hand. Keep a list of what you need to do. Track your progress during the day. Write down any questions you might want to ask your teacher about the lessons they have set. Have a drink to hand.



Look after yourself!



Follow a routine

- ⇒ Try to get up and go to bed at the same time every day, aiming for seven to nine hours of sleep per night.
- ⇒ Schedule lunch and snacks to coincide with the school day. Avoid continuous snacking and make time to stretch (don't stay on the computer during your breaks!)
- ⇒ Keep exercising. This could be activities like lifting weights, an online dance/yoga class or a walk.

Keep hydrated

- ⇒ Drinking enough fluids helps your body function properly.
- ⇒ Guidance recommends you have six to eight glasses of fluid a day, but drink a bit more if you're exercising.

Avoid excess

- ⇒ It can be easy to form unhealthy habits as a way of coping. While these might feel like they're helping you deal with the situation, they often make you feel worse in the long term.
- ⇒ Try cutting down on how much caffeine you drink such as energy drinks. Having too much caffeine, or having it later in the day, can affect how well you sleep. It may also cause you to feel irritable and add to any feelings of anxiety which are obviously not going to help.

Take time to switch off

- ⇒ While it's important to stay up to date with your work, try not to constantly check your emails. Work during the timetabled day and then close down your work and put it out of sight if you can.
- ⇒ You might also find it helpful to spend some time away from social media.
- ⇒ Taking some slow deep breaths can help reduce anxiety levels and help you reset. Try breathing in for four counts, hold your breath for four counts and breathe out for five counts.

Maintain relationships

- ⇒ Many of us have been apart from some of our loved ones for a long time now. This can be very difficult and upsetting. Try to keep in regular contact using phone or video calls if you can. Writing letters or sending cards might also be a nice change if you're feeling tired of video calls.
- ⇒ Being at home with family may also be challenging at times. Try to talk to and respect each other if issues come up, understanding that we are all feeling the same. If you feel tensions are rising, take yourself off somewhere quiet or go for a walk.

Seek support

- You might feel absolutely fine at the minute or you might be feeling sad, anxious, stressed or angry. How you feel might also change as time goes on. If you're struggling, make sure you reach out to somebody and talk about how you're feeling. You can contact your form tutors, your teachers or anybody at school for support. At weekends or during the evenings, there are lots of other places you can go for support. The following charities can offer support:
- Mind
 - Samaritans
 - Young Minds offer support for younger people

Be kind

- ⇒ It's natural to feel a whole range of feelings during times of uncertainty and change. Some days will be better than others. This is a time to be kind to yourself as well as those around you. Be patient with yourself and your loved ones.
- ⇒ Be mindful that communication via text can be misinterpreted, especially when people are feeling anxious. Be careful to ensure your messages are clear to avoid upsetting others.

Take care everyone!

Mr. Deaville
Assistant Headteacher
In charge of Behaviour and Safeguarding



Be Exceptional!