

29th April 2020

Dear Parents and Carers

I hope that this letter finds you and your family well during the difficult times in which we find ourselves. I would like to thank you for your continued support and patience during the school closure, as we are adjusting to the new way of working.

The last few weeks have certainly been a steep learning curve for us all. Members of staff have had to get used to delivering lesson materials in the virtual world and our students have had to make the significant adjustment of focusing independently on school work whilst being at home. Several of you have, unexpectedly, been asked to juggle childcare and support with the work sent from school, whilst often trying to do your own job at home. This is also true of school staff!

Members of staff have been setting work for students to access and complete. All work is set via Google Classroom. Guidance is provided in the resources included with this letter. Teachers are setting work for when the lessons would normally take place. This is to prevent students being overloaded and give some structure and as normal a routine as possible.

Students should do whatever work they can to the best of their ability. We do not expect parents/carers to take on the role of a teacher; however, I would ask that you support us by ensuring that your child is accessing and completing the work that has been set. We have been pleased with the numbers of students who have been accessing and completing their work, although we are aware that some are finding this a challenge. Given the unpredictability of the situation in which we find ourselves, it is essential that our students continue to make progress in their education.

Students and families will have to be resilient in the weeks to come, but remember that we remain here to offer guidance. Pastoral staff are making calls to students and parents/carers over the coming weeks and will be able to assist with or refer any issues. I would also like to remind everyone of the safeguarding resources available to you on the school website, as well as those listed in this update:

<https://springfield.uk.net/index.php/school-life/safeguarding>

I have put together some resources from 'The Key' and elsewhere to help you support your child. I hope you find this information helpful. Further useful information can be found on our website, including the news pages:

<https://springfield.uk.net/index.php/school-life/latest-news>

I am extremely grateful for all the support you have shown as we have adapted to these new circumstances, and we want to reassure you that we are still here to support you.

Yours sincerely



Fiona Robertson
Assistant Headteacher

Springfield School
Central Road, Drayton,
Portsmouth, PO6 1QY

Headteacher
Ms S F Spivey BSc, MA

Tel (023) 9237 9119
Fax (023) 9238 8784
Twitter @SpfldUK
Email contact@springfield.uk.net

Web www.springfield.uk.net

The De Curci Trust is a charitable company limited by guarantee registered in England and Wales with company number 10646541. Its registered office address is Springfield School, Central Road, Portsmouth, PO6 1QY, United Kingdom. Springfield School is a business name used by The De Curci Trust.

Trustees
C Batstone, A Cufley, S Hamilton, L Sinnott, D Smith, S Spivey, T Webber, L Wilby.

Online Learning Resources

ORGANISATION	CONTACT INFORMATION
BBC Bitesize: Online resource for learning and revision. Starting on 20 April, you'll also find daily lessons to support home learning	Website: https://www.bbc.co.uk/bitesize
Oak National Academy: Providing 180 video lessons each week, across a broad range of subjects from maths to art to languages, for every year group from Reception through to Year 10	https://www.thenational.academy/
STEM.org.uk: Free home learning resources for all ages in Science, Technology, Engineering and Maths	Website: https://www.stem.org.uk/home-learning
Twinkl: This popular site for teachers is now offering free daily activities for home learning	Website: https://www.twinkl.co.uk/home-learning-hub
English National Ballet: Free ballet classes streamed daily	Website: https://www.youtube.com/user/enballet
Seneca: Free revision content for KS3 and KS4. Paid access to higher level material	https://www.senecalearning.com/
Futurelearn: Free to access 100s of courses, only pay to upgrade if you need a certificate in your name. New courses available for students aged 13+	https://www.futurelearn.com/
Blockly: Learn computer programming skills - fun and free	https://blockly.games/
Scratch: Creative computer programming	https://scratch.mit.edu/explore/projects/games/
Duolingo: Learn languages for free - web or app	https://www.duolingo.com/
The Kids Should See This: Wide range of cool educational videos	https://thekidshouldseethis.com/
Twinkl: This is more for printouts, and usually at a fee, but they are offering free access to parents in the event of school closures	https://www.twinkl.co.uk/
Crest Awards: Science awards you can complete from home	https://www.crestawards.org/
Big History Project: Aimed at Secondary age, multi-disciplinary activities	https://www.bighistoryproject.com/home
Geography Games: Geography gaming! Activities and quizzes	https://world-geography-games.com/world.html
Audible: All children's audiobooks are available for free while schools are closed	https://stories.audible.com/start-listen

ORGANISATION	CONTACT INFORMATION
English Mastery Website: Key stage 3, downloadable resource books providing 12 weeks of activities covering writing and poetry.	https://www.englishmastery.org/
English and Media Centre: Downloadable resources covering a range of texts for key stage 3. GCSE resources are categorised by examination board	https://www.englishandmedia.co.uk/publications/
Pobble 365: A new image is published each day as a basis for creative writing. Story starters, questions and drawing ideas are provided	https://www.pobble365.com/
Khan Academy: Especially good for maths and computing for all ages but other subjects at Secondary level (Note this uses the U.S. grade system but it's mostly common material)	https://www.khanacademy.org/
Quizlet: Flashcards and quizzes for all subjects	https://quizlet.com/en-gb
GCSEpod: Revision activities across a range of subjects	https://www.gcsepod.com/
White Rose: KS3 Maths	https://whiterosemaths.com/homelearning/
University of Oxford Digital Resource Hub: A wide range of online learning covering all ages and subjects	http://www.ox.ac.uk/admissions/undergraduate/increasing-access/ug-digital-resources

Using the Google Classroom

ORGANISATION	CONTACT INFORMATION
Youtube: A student's guide	https://www.youtube.com/watch?v=qSxNLaWm74g&disable_polymer=true
Youtube: A parent's guide	https://www.youtube.com/watch?v=JqxCfihxEVw&safe=true&disable_polymer=true

Mental health and Well-being

ORGANISATION	CONTACT INFORMATION
Mental Health Foundation: Provides information and support for anyone with mental health problems or learning disabilities	www.mentalhealth.org.uk
Mind: A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) www.mind.org.uk
Samaritans: Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) www.samaritans.org.uk
YoungMinds A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) www.youngminds.org.uk
Safeguarding Resource Hub: A hub of national safeguarding resources for children, young people and all adults supporting them	http://www.safeguardingresourcehub.co.uk/

Online Safety

ORGANISATION	CONTACT INFORMATION
Safer Schools: A home learning hub helping young people to be safer online	https://oursaferschools.co.uk/home-learning-hub/
Childnet: Online activities you can do from home, broken up into age appropriate categories explore different online issues such as fake news, bullying, strangers online and more	https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home
CEOP- Download home activity packs and use the resources to help you learn about online safety at home with your child	https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/
Be Internet Legends: Google have launched a resource containing online safety activities for the whole family, split in to 4 categories: Think Before You Share, Check it's For Real, Protect your stuff and Respect Each Other	https://beinternetlegends.withgoogle.com/en_uk/parents

Further Support and Guidance

ORGANISATION	CONTACT INFORMATION
Innerdrive: A mindset coaching organization which has produced helpful packs for both parents and students to support home learning	https://info.innerdrive.co.uk/lockdown-six-packs https://blog.innerdrive.co.uk/learn-from-home

General guidance to create a positive home learning environment

Be realistic about what you can do. You are not expected to become teachers and your children aren't expected to learn in the same way as they do in school. It won't be possible to replicate a full school timetable for a variety of reasons. Giving yourself and your children permission to accept this can be a big weight lifted. Avoid putting too much pressure on academic work - it's OK not to be doing 'school work' for six hours a day. It might be more important to be spending time together, building relationships, enjoying shared activities, reading and reassuring children, as opposed to replicating the school timetable. Use the tips below to help you make this work for your household.

- Create and stick to a routine. Having a plan and a predictable routine for the day is reassuring. As adults, we like to know what is going to happen, and children like this too. A consistent routine lets everyone be secure about the plans for the day. For example, eat breakfast at the same time and make sure your children are dressed before starting the 'school' day – avoid staying in pyjamas!
- Involve your children in setting the timetable where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.
- 'Check in' with your children and try to keep to the timetable, but be flexible. Don't worry if the routine isn't perfect – remember, this isn't a normal situation. If you find that planning and sticking to the routine is causing more stress, friction or conflict, then it's OK to be more 'free-flow'. If a task/activity is going well or they want more time, let it extend where possible. If they are finding a task challenging or frustrating they can email or ask their teacher a question via the Google Classroom, leave the task and come back to it later.
- Designate a working space if possible, and at the end of the day have a clear cut-off to signal school time is over. This can help to maintain a work/home boundary.
- Distinguish between weekdays and weekends and holidays, to separate school life and home life. At weekends make time for other family activities as well as giving children their own time and space.
- Stick the timetable up on the wall so everyone knows what they should be doing when, and tick activities off throughout the day.
- Take stock at the end of each week. What's working and what isn't? Ask your children, involve them too.
- Give them chores to do so they feel more responsible about the daily routine at home.
- Ask them to help you cook and bake and do some gardening.
- Accept that they'll probably watch more TV/spend time on their phone, but you might want to set/agree some screen time limits. (See the links at the end of this letter regarding online safety)

Wellbeing

Take care of your own health and wellbeing. Children are very perceptive, and they react to what they sense from the adults around them. Here are some things you can do to help keep yourself healthy:

- Connect with others – maintain relationships with people you care about through phone and video calls
- Reduce access to rolling news – it is important to keep up to date with new developments and announcements, but it can be hard to switch off from the constant stream of news from media outlets and social media.
- Do things you enjoy – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn.
- Set goals – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book.
- Connect with the outdoors – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in.
- Expect stress – this is an uncertain and unpredictable situation, stress and anxiety are normal.

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening. Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education.

In addition to the steps above:

- Encourage them to maintain social ties – friendships are a key resiliency factor for children and young people. Most children see their friends nearly every day of the week and so not being in contact with them for some time might be upsetting.
- Equip them with accurate information – for example:
 - Mythbusters from the World Health Organization
 - Data visualisation pack from Information is Beautiful (regularly updated)
- Share tools to help them manage anxiety:
 - YoungMinds: practical steps to take if you're anxious about coronavirus
 - Mind: how to take care of your wellbeing when staying home

Online Safety Advice for Parents

Below are some tips on how to help keep your child safe when going online:

- Use parental controls - adding parental controls will allow you to monitor and limit what your child sees and does online. Visit <http://www.internetmatters.org/parental-controls/> to access step by step guides on how to set up parental controls.
- Start a conversation about online safety - show interest and understand what your child likes to do online and who they like to speak too. To learn more about the most popular apps and games that kids are using visit <http://www.net-aware.org.uk/>
- Set time limits - during this period it is important that your child isn't spending too much time in front of a screen, plan activities that don't include using an electronic device.
- Set device-free zones - only allow your child to use their device where you can monitor them, don't allow them to take their devices to their bedroom.
- Report - make you and your child aware of where to go to report online crime.