

Covid-19 Newsletter

Welcome

Good afternoon,

In these strange and difficult times, I intend to send a weekly newsletter to share any updates that I have received from the government, update you on the situation at school and also support in your efforts to maintain your children's learning and also their (and yours!) health and wellbeing.

As you now know, school is only open every day to any students that fall into these two categories:

1. Students whose parents are Key Workers – this list is widely available and has been sent out. Students should only attend school if no other care is possible. Home remains the safest place.
2. Students who have been **contacted by the school** because they fall into the vulnerable category.

We will be open over the Easter Holidays for the same times that we are at present but **School will not be open on the bank holidays.**

Through our Multi-Academy Trust, Slough & Eton School will be open, offering supervision on Good Friday and Easter Monday. If you would like your son or daughter to access this supervision, please email me or contact the school and it can be arranged along with transport.

I would ask that you contact us if you intend to send your child into school because they fall into one of these two categories and they have not been coming in already. This way we will be better prepared for any students that we have.

Reception is staffed every day between 8am-3pm but we are down to a skeleton staff of one person for admin so please be patient.

All relevant resources, links and updates will now be stored under a dedicated section on the school website.

Please feel able to email at any point if you have any queries and I will respond as quickly as I am able.

c.thomas@lhea.org.uk



Free School Meals

All families eligible for Free School Meals will now receive a voucher via the government's scheme which we have signed up to use. You will either receive your voucher automatically, via email, at the start of every week or a paper copy will be sent to you or available for collection if you do not have an email address.

The scheme has now been extended to cover the Easter Holidays so I have requested additional vouchers for these 2 weeks.

Any delays are now out of our hands – I am completing the forms as soon as I can and so it is now in the hands of the company, Edenred, to send them out and I understand that there are some delays because of the quantity.

Where to go for help

Covid-19 One Slough - Community Response www.sloughcvs.org/covid19

A

Need Help visit

www.sloughcvs.org/covid19

or call

01753 944198

Hours: Mon – Fri 09.00 – 16.00
Sat/Sun – 10.00 – 15.00

B

Want to volunteer

Individuals visit

www.sloughcvs.org/covid19

Groups and organisations
can e-mail

sloughcommunityresponse@sloughcvs.org.uk

C

Business who want to help

Please contact

sloughcommunityresponse@sloughcvs.org.uk

D

Are you a organisation collecting food?

Please let us know,
contact

sloughcommunityresponse@sloughcvs.org.uk

E

Are you a **pharmacy** that needs support in distributing medicines?

Please contact

sloughcommunityresponse@sloughcvs.org.uk

Organisations with Volunteers

Please contact

sloughcommunityresponse@sloughcvs.org.uk

Show My Homework & Remote learning



Thank you for your support in encouraging your child to continue with their learning remotely. Show My Homework is being accessed on a regular basis and there have been remarkably few technical issues (so far!). There is a helpful overview with some reminders on the next page.

Work will continue to be set “as normal” over the Easter holiday. As ever, if the students encounter any issues, please contact Mr Arnold (l.arnold@lhea.org.uk).

Remote learning provision is developing over time. More than ever the students themselves will need to take responsibility for their own learning and understand that their education continues - it is just being delivered in a different way.

As time progresses, it is harder to update the paper copies of work that we have made available in reception. These were produced while school was still open and so it is now, not possible to add to them. Should you wish to collect a pack, these are all available inside the front doors of the school, labelled up for each year group.

Whilst encouraging your child to complete their online learning tasks, the first priority must be the health of ourselves, our families and the wider community in these unprecedented times. I hope that all of our students are heeding the government guidance. Mental health as well as physical health will become increasingly important as the situation continues. With this in mind, there will be times when both students and parents need to prioritise matters other than learning.

We completely understand the unusual pressures households are facing at this time and that sometimes you may decide not to complete every aspect of the remote learning provided.

Teachers are still following their schemes of learning which are sequenced in a way that develops understanding. We are working with all the Heads of Faculty and teachers to ensure a consistency in expectation and experience for all students.



How to support home learning



Show My Homework and Remote Learning

As Lynch Hill Enterprise Academy closes for what is likely to be a lengthy period of time, it is important that your son/daughter is able to continue learning at home (remote learning).

Show My Homework (SMHW) is a simple online programme where teachers upload details of learning activities and resources that should be completed at home. All students at LHEA have an account with SMHW and are encouraged to view this site on a daily basis.

Parents/carers have also been invited to set up an account.

The mobile app and notifications ensure parents/carers always know what homework their child has and when it's due.

Once logged in, the best way to view your child's homework is to click on the "calendar" block.

Clicking on a coloured bar reveals the detailed description of the activity and when it is due.

The SMHW app is available to download from Apple and Google.

- Open the app and type in "Lynch Hill Enterprise Academy"
- Type in your email/username and password.
- You will be taken to your child's To-do List

If any parent/carer needs help with setting up accounts, or if any student has either forgotten their password or has been experiencing trouble logging in, please contact Mr Arnold using l.arnold@lhea.org.uk

Any student who is not able to access online resources from home can come into school and collect paper copies of work which are all available in reception, arranged by Year group.

I appreciate that this will be a very strange time when it comes to keeping young people motivated and interested in school work. It will be very easy for it to feel like school has finished – but it hasn't and it is so important that they keep actively learning and working and developing their skills and knowledge. This can be done in many ways and the following page gives some general advice that you might find helpful.

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** will help
- **Share the load if there are 2 parents at home.** Split the day into 2-3 hour slots and take turns so you can do your own work
- **Take care of your own health and wellbeing.** This will be new for your entire household, so give it time to settle.

Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible.
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together
- **Designate a working space if possible,** and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when
- **Distinguish between weekdays and weekends,** to separate school life and home life

Make time for exercise and breaks throughout the day

- Start each morning with a PE lesson at 9am with Joe Wicks
- If you have a garden, use it regularly. If you don't, try to get out once a day

Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities.**
- Get your children to **write postcards** to their grandparents or to pen pals
- Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits

How to look after your well being and that of your children

I will try and include some suggestions in every newsletter



Introducing Health & Wellbeing Slough – a new 'Integrated Wellbeing Service' for residents

From 1 April 2020, local residents in Slough will be able to access a new and exciting range of programmes to improve their health and wellbeing. The new service will bring together the following interventions as part of an 'integrated model' of delivery:

- NHS Health Checks
- Children and adult weight management
- Stop smoking services*
- Falls prevention
- Sedentary behaviour change
- Alcohol identification and brief advice (IBA)
- Advice on oral Health

*Open to those who live, work or study in Slough.

To access the service, local residents can self-refer by calling 01753 373646 / 0800 0614734, or on our new website www.healthandwellbeingslough.co.uk.

In light of the current COVID-19 situation, and until social distancing measures are lifted, all Health and Wellbeing Slough services will be offered remotely online and through telephone support by our trained wellness coaches. Further information can be found on our website. Face-to-face consultations will resume once it's safe and reasonable to do so.

Health & Wellbeing Slough will work with a range of local partner agencies to help reduce inequalities across Slough by enabling residents to access clinical and non-clinical interventions seamlessly.



HEALTH &
WELLBEING
SLOUGH

HEALTHIER, HAPPIER YOU

- ✓ NHS Health Checks
- ✓ Child and Adult Weight Management
- ✓ Stop Smoking
- ✓ Falls Prevention
- ✓ Keeping Active
- ✓ Advice on Alcohol Intake
- ✓ Emotional Wellbeing
- ✓ Advice on Oral Health



 www.healthandwellbeingslough.co.uk

 0800 0614734 / 01753 373646

 info.hws@nhs.net

 @HealthWellbeingSlough

 @HW_Slough