

## 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.

I do hope that you and your family have managed to stay safe and enjoy some of the elements of the Easter holidays. Living in the way that we are having to is a challenge for us all but hopefully you are finding some positives in amongst all of the challenges and most importantly, you and your loved ones are safe and healthy.

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.

**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 now only staffed every day between 8am-11 am because of increased staff illness.

**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](mailto: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.

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. They have sent out updates to schools apologizing for delays and have made some changes to their website and systems which should hopefully speed things up. I can only apologise and assure you that this is a personal priority for me and I am spending a lot of time chasing up our orders for you.

# Government promoted online learning resources for parents

The government has created a list of online educational resources to help children to learn at home. These websites have been identified by some of the country's leading educational experts and offer a wide range of support and resources for students of all ages. They are **not intended** to replace the activities that are being set on Show My Homework, but you may find some useful additional ideas.

Heads of Faculty have selected the resources that they believe to be particularly helpful. The full list can be viewed here: <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources>

## English

| Resource                                     | Link  | Description  |
|--|---|--|
| <b>English Mastery,</b><br>KS3               | <a href="https://www.englishmastery.org/">https://www.englishmastery.org/</a>                                 | Downloadable resource books providing 12 weeks of activities covering writing and poetry.                              |
| <b>English and Media Centre,</b><br>KS3      | <a href="https://www.englishandmedia.co.uk/publications/">https://www.englishandmedia.co.uk/publications/</a> | Downloadable resources covering a range of texts for key stage 3. GCSE resources are categorised by examination board. |
| <b>The Children's Poetry Archive,</b><br>KS3 | <a href="https://childrens.poetryarchive.org/">https://childrens.poetryarchive.org/</a>                       | Archive of spoken poetry recordings. Pupils can listen to poems being read aloud.                                      |
| <b>Audible,</b><br>KS4                       | <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>               | All children's audiobooks are available for free while schools are closed.   |
| <b>Poetry by Heart,</b><br>KS4               | <a href="https://www.poetrybyheart.org.uk/">https://www.poetrybyheart.org.uk/</a>                             | A wide selection of poetry covering different topics.  |
| <b>Seneca,</b><br>KS4                        | <a href="https://app.senecalearning.com/">https://app.senecalearning.com/</a>                                 | A range of downloadable resources covering the GCSE curriculum, categorised by examination board.                      |

Maths

| Resource                               | Link  | Description  |
|--|---|--|
| <b>Bowland Maths Resources,</b><br>KS3 | <a href="https://www.bowlandmaths.org.uk">https://www.bowlandmaths.org.uk</a>                   | Downloadable assessments on a range of subjects, including sample answers and assessment tips.                             |
| <b>Nrich,</b><br>KS3 and 4             | <a href="https://nrich.maths.org/">https://nrich.maths.org/</a>                                 | A range of activities. Some are interactive and some are to be completed offline. Activities are categorised by age range. |
| <b>Top Marks,</b><br>KS3               | <a href="https://www.topmarks.co.uk/maths-games">https://www.topmarks.co.uk/maths-games</a>     | A range of interactive maths games categorised by age group.   |
| <b>White Rose Maths,</b><br>KS3        | <a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a> | Presentations and downloadable workbooks which are easy to use for parents. New material is being released each week.      |
| <b>Corbett Maths,</b><br>KS4           | <a href="https://corbettmaths.com/contents/">https://corbettmaths.com/contents/</a>             | A range of videos and downloadable questions categorised by topic and predicted grade.                                     |
| <b>Hegarty Maths,</b><br>KS 4          | <a href="https://hegartymaths.com/">https://hegartymaths.com/</a>                               | Interactive activities including videos and questions. Teachers can track student progress and tailor next steps           |
| <b>Maths Kitchen,</b><br>KS4           | <a href="https://mathskitchen.com/topics">https://mathskitchen.com/topics</a>                   | An interactive GCSE revision website. Resources are categorised by topic, including video lessons and practice questions.  |

Science

| Resource  | Link  | Description  |
|---|---|--|
| <b>BBC bitesize,</b><br>KS3 and 4                     | <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>   | Interactive resources covering the key stage 3 and key stage 4 science curriculums. Includes separate sections for biology, physics and chemistry. |
| <b>Institute of Physics (IOP),</b><br>KS3 and 4       | <a href="https://spark.iop.org/supporting-schools-and-colleges-during-covid-19">https://spark.iop.org/supporting-schools-and-colleges-during-covid-19</a> | A set of articles and resources including ideas for home experiments.  |
| <b>Royal Society of Chemistry (RSC),</b><br>KS3 and 4 | <a href="https://edu.rsc.org/remote-teaching-support">https://edu.rsc.org/remote-teaching-support</a>   | A set of articles and resources designed to support teachers who are teaching remotely. There are videos that explain topics and concepts clearly. |

## PE

| Resource                             | Link  | Description   |
|--------------------------------------|---|---|
| <b>Fitness Blender,</b><br>KS3 and 4 | <a href="https://www.fitnessblender.com/">https://www.fitnessblender.com/</a> | Videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not. |

## 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](mailto: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.

# Coping at home

## #Coping



### Family life during the lockdown



East Berkshire  
Clinical Commissioning Group

Over the past few weeks, the coronavirus (COVID-19) crisis has brought a lot of sudden changes for families with children. Parenting can be very rewarding. However, in these uncertain and challenging times you may be feeling stressed as you try to balance work, childcare and self-care while dealing with worries – both your children’s and your own. In recognition of this, we have put together some of the best reliable and free sources of information and advice to help you and your family to cope under lockdown.

Five ways to wellbeing

#Coping

#### Best for advice to support family life during the COVID-19 pandemic



|   |   |
|---|---|
| <a href="#">NSPCC click here</a>        | Tips and advice to support you and your family – whether you want to try something new today or just start thinking about changes you could make over the coming weeks. |
| <a href="#">Family Lives click here</a> | Advice on coping during the outbreak, both practically and emotionally.   |
| <a href="#">Relate click here</a>       | Blogs, advice and tips for helping your relationships to stay healthy.  |

Young people’s guide

#Coping

#### Best for parenting tips



|   |   |
|---|---|
| <a href="#">Solihull Online Parenting Programme click here</a><br>Access code: Parenting<br>*Free to East Berkshire residents | Online parenting guides – bump to 19 years, for parents/carers and parents-to-be, including top tips from childcare, education and NHS experts.     |
| <a href="#">Family Lives – Parents Together Online click here</a>   | Online parenting course in six interactive blocks filled with techniques and ideas to help you become a more confident and happier parent.          |
| <a href="#">Parent TV channel</a>   | The website also has a range of short videos with instant parenting tips on Family Lives’ Parentchannel.tv.   |
| <a href="#">Mind Ed for Families click here</a>   | Written by experts and parents together, this provides materials for parents and carers of children and teens struggling with mental health issues. |

Also available

**Online safety** – As a parent or carer you play a key role in helping your child stay safe online. See [www.saferinternet.org.uk](http://www.saferinternet.org.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for more information.

## Best for support from other parents

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|--|---|
| <p>Family Lives forum<br/><a href="#">click here</a></p> | <p>Family Lives forums are a safe space for families to share dilemmas, experiences and issues with others who understand the ups and downs of family life.</p> |
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## Best for helping your child or young person with their mental health during the COVID-19 outbreak

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|--|---|
| <p>Public Health England – Guidance on supporting children and young people’s mental health and wellbeing<br/><a href="#">click here</a></p> | <p>Advice for parents and carers on how to look after the mental health and wellbeing of children and young people of all ages during the pandemic.</p>   |
| <p>YoungMinds<br/><a href="#">click here</a></p>   | <p>Tips, advice and where to get support for your child’s mental health during the COVID-19 crisis.</p>   |
| <p>Anna Freud Centre<br/><a href="#">Videos</a></p> <p><a href="#">Self-care resources</a></p>   | <p>Separate videos for young people and for parents/carers provide targeted advice and guidance on dealing with the disruption caused by the coronavirus.</p> <p>Simple self-care resources also available.</p> |
| <p><a href="#">Childline: Coronavirus advice</a></p> <p><a href="#">Calm Zone</a></p>  | <p>Information about the coronavirus and simple tips and advice to help children cope during the lockdown.</p> <p>Help children to overcome stress and anxiety.</p>   |
| <p>Partnership for Children<br/><a href="#">click here</a></p>   | <p>Online resources include resilience-building activities to help children to deal with change and uncertainty during the coronavirus pandemic.</p>  |



## Best for ideas and activities to keep children busy and entertained

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|--|---|
| <p>HomeStart<br/><a href="#">click here</a></p>                                      | <p>Great practical ideas for activities to do with children of all ages if you’re self-isolating or practicing social distancing.</p> |
| <p>Chatterpack<br/><a href="#">click here</a></p>                                    | <p>A list of free online boredom-busting resources.</p>   |
| <p>DfE Guidance: Online <a href="#">educational resources</a> for home education</p> | <p>A wide range of support and resources for children and young people of all ages. Includes a section on wellbeing.</p>              |



## Best for your own wellbeing



|   |  |
|---|--|
| Mind<br><a href="#">click here</a>  | Lots of advice to support your wellbeing.  |
| Talking Therapies<br><a href="#">Silver Cloud online</a>  | A free NHS service for anyone aged 17+ within Berkshire who may be struggling with stress, sleep issues, low mood and anxiety.   |
| Public Health England – Guidance on the mental health and wellbeing aspects of COVID-19<br><a href="#">click here</a> | Advice and information on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak. Includes a full guide and an easy read version. |
| Every Mind Matters<br><a href="#">click here</a>  | Expert advice from the NHS and Public Health England to help you look after your mental health and wellbeing.  |

## Best for if you feel you need more help



|   |   |
|---|---|
| Family Lives helpline<br>0808 800 2222<br><a href="#">click here</a>        | Free and confidential national helpline service for families. Offers emotional support, information, advice and guidance on any aspect of parenting and family life.<br><br>Open: Monday - Friday 9am - 9pm and Saturday and Sunday 10am - 3pm              |
| YoungMinds parents' helpline<br>0808 802 5544<br><a href="#">click here</a> | Free and confidential national helpline. Offers advice to parents/carers worried about a child or young person under 25 years old. Advice on a child's behaviour, emotional wellbeing or mental health condition.<br><br>Open: Monday - Friday 9.30am - 4pm |

**Family Information Services** provide FREE impartial information and guidance about a wide range of services for children, young people and their families.

Click on your area for more information.

[Bracknell Forest](#)

[Royal Borough of Windsor and Maidenhead](#)

[Slough](#)



This document has been compiled by East Berkshire CCG. For further information please contact [eastberksccg.enquiries@nhs.net](mailto:eastberksccg.enquiries@nhs.net)

Also available


**#Coping**

Young people's guide

**#Coping**

Five ways to wellbeing

# Online safety




**Public Health**  
Slough Borough Council

**Slough School Health & Wellbeing Project**

**UPDATE No. 16**

**3rd April 2020**

**ONLINE SAFETY EDITION**



**Slough**  
Borough Council

As a result of Covid-19, online safety has become more important than ever with the majority of children learning at home as well as spending their leisure time at home, possibly involving more internet use than usual. This week's update bulletin will focus on online safety with information, resources and guidance for teachers, parents and pupils.

Please get in touch if you would like further information about anything in this update or to discuss support for your school or college. I will be available to offer support throughout the Covid-19 closures.

*SUSAN*

School Health & Wellbeing Project Officer 07753 316916 [susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk)

**TEACHERS & OTHER PROFESSIONALS**

National Online Safety.com: guide to safer remote learning for [TEACHERS](#)

Services for Education: 7 considerations for teachers setting work for children learning at home [BLOG](#)

London Grid for Learning (LGfL): guide to safer remote learning for [TEACHERS](#)

NSPCC: guidance for undertaking remote teaching safely [NSPCC](#)

South West Grid for Learning (SWGfL): an anonymous reporting service for the whole school community available FREE during the Coronavirus school closures [WHISPER](#)

UK Safer Internet Centre: guidance for schools on appropriate [ONLINE FILTERING & MONITORING](#)

UK Safer Internet Centre: a collection of information and updates [UK SAFER INTERNET CENTRE](#)

**PARENTS & CARERS**

Think U Know advice for parents & carers on supporting their children during the Coronavirus period and keeping them safe online : [THINK U KNOW - ONLINE SAFETY](#)

Video guide for parents about You Tube and how to use parental controls and filters [YOU TUBE GUIDE FOR PARENTS - VIDEO](#)

National Online Safety.com: guide to safer remote learning for [PARENTS](#)

National Online Safety.com: a safety guide for parents about the House Party App [HOUSEPARTY APP - PARENTS' GUIDE](#)

National Online Safety.com: a safety guide for parents about the Tik Tok App [TIK TOK APP - PARENTS' GUIDE](#)

National Online Safety.com: guides about the social pressures children and young people feel from social media and the online world  
[GUIDE: social pressures linked to appearance](#) [GUIDE: social pressures linked to social media influencers](#)  
[GUIDE: social pressures linked to friends and followers](#) [GUIDE: social pressures linked to likes](#)

UK Safer Internet Centre: advice for keeping children happy and safe online while learning at home [HAPPY & SAFE ONLINE](#)

**PUPILS**

National Online Safety.com: guide to safer remote learning for [PUPILS](#)

National Online Safety.com: a guide to help pupils to understand how people's actions can affect others, how to be more responsible on social media and how displaying a kinder side can have such huge benefits [BE KIND ONLINE](#)

Child Protection & Online Protection: advice and reporting for anyone concerned about online abuse [CEOP](#)