

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.

There has been a lot of speculation and discussion in the media about when schools might return but I am yet to hear any definite plans. I can assure you that we will communicate any changes in school systems and processes well in advance of us re-opening.

It does seem, however, that it will be some time yet before we are fully back to normal so we have instigated a series of phone calls home by tutors over the next few weeks to see how your child or children are coping. I have also encouraged their subject teachers to keep in touch more frequently and would ask that you also ensure that your son or daughter are checking their school emails.

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.

All relevant resources, links and updates are 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

I hope that teething issues have been ironed out now although delivery of codes remains slow.

Early morning/late evening are good times to try.

The email address for parents and carers, who are experiencing difficulties is:

freeschoolmealsparentscarers@edenred.com

I also understand that for some parents and carers, these are very challenging times financially and you may now wonder if you are eligible for Free School Meals after a change in your circumstances.

[Click here](#) to check whether you are eligible for Free School Meals and [here](#) to fill in the online application form.

How to support home learning



Show My Homework and Remote Learning

Can I remind you that staff are not necessarily setting work for individual lessons. At times they may set a longer piece of work, designed to last for the equivalent of several lessons.

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.

Government laptop scheme

You may have read in the media or heard about this on the news. It is aimed at a very small group of students who the government have identified. We do not expect to receive the laptops until the end of May and will be in contact if you have been identified as being eligible. Sadly they are not a resource which can be requested.

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

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



TALK & LISTEN,
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY



EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF

Golden Tickets for Good Citizenship

As we aren't in school presently, our daily golden tickets for good citizenship aren't being awarded. So instead, we would really like to hear from you.



Every day, we read and hear about things people are doing to support key workers, vulnerable people, charities and each other. What are you up to? For instance, does your street go out and clap for the NHS at 8pm on a Thursday? It would be really good to hear about things so that they can go into the newsletter. Please let us know via the school email address: office@lhea.org.uk

Career Pilot

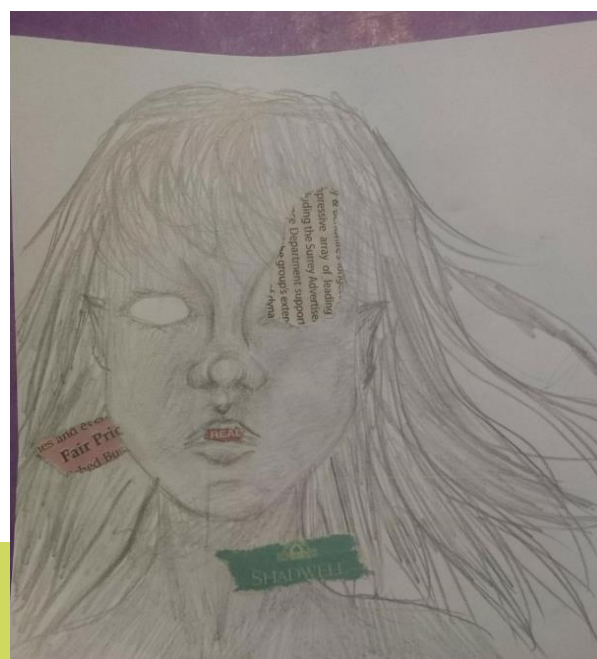
Learning from home creates opportunities as well as challenges and one of the opportunities is to have more time to investigate future careers. Career Pilot is a website that has an array of resources and activities for 11 – 18 year olds which informs young people about jobs, qualifications, courses, providers and gives individuals' accounts of their career journeys. Here is the link: <https://careerpilot.org.uk/adviser-zone/home-learning-activities-students>



A celebration of LHEA's Home Learning Journey...

Thank you to all our parents and carers for ensuring the children remain focused on their home learning, so that they to continue to be determined to make progress in challenging circumstances. The teachers are very conscious of the efforts that are being made at home and are monitoring and feeding back to students as soon as possible once work is submitted.

Much of the work from our students has been of a very high standard as can be seen in the examples that follow.



Hassan Fazeel's art work (Year 10). The art students are producing fantastic work at home in spite of a lack of art resources!



Nicole Rollins' food technology work (Year 8). This was a task where students had to choose a method of cooking and then produce a dish!



Please keep encouraging your child to engage with the activities that are being posted online so that any gaps in learning are minimised as much as possible ready for when the school does reopen.

Online radicalisation - Parent/guardian information and support

We recognise that this is a difficult time for parents and guardians and that the [Coronavirus](#) is having a significant impact on young people and families across the world.

The closure of schools means that opportunities for children to talk to and play with friends will be limited to online interaction. This will almost certainly lead to children spending more time online.

Parents working from home may not be able to monitor their children's use of devices as they usually would



Unfortunately, whilst rare, there are negative influencers and online groomers who use the internet, social media and online gaming to spread their extreme ideas, which children can be exposed to. Some of these ideas may be considered radical or extreme and when a person starts to support or be involved in them, this is called radicalisation.

Our experience of radicalisers is that they may link their extreme views to the global, national or individual response to Coronavirus which could be shown through films, images and discussions as;

LET'S
TALK
ABOUT IT

- Conspiracy theories
- Blaming other people for the virus and its impact on life.
- Hate against groups because of race, religion, sexuality and gender.

Radicalisers will want as many people as possible to believe their ideas and sometimes encourage them to take action, which might break the law. This can be how people are drawn into terrorism.

What are the possible signs of online radicalisation?

Boredom could cause children to engage with new groups or individuals and this could make them vulnerable to those looking to influence young people.

[Online radicalisation](#) may be hard for parents to notice because it is a complex issue. There are a possible signs that someone may need some help (although a lot of them are quite common among teenagers), but look out for increased instances of:

- Exploring new and unusual websites, chat forums and platforms due to boredom or frustration.
- Joining new or secret groups since isolation.
- Speaking with new friends or being secretive about chats during online gaming or in forums.
- A strong desire to seek new meaning, identity and purpose.
- Using language you wouldn't expect them to know.
- Watching, sharing or creating films online linked to religious, political or racial hate.

LET'S
TALK
ABOUT IT

Radicalisers can target young people by sending friend requests on popular sites and platforms to see who responds. They may strike up a conversation to build a relationship with a child and ask them to chat privately.

These chats can then happen on forums such as [2chan](#), [4chan](#) and [8chan](#) which are anonymous posting and discussion forums for over 18s. The content is often unsuitable for children and not a safe place to have discussions and learn about issues.



What can you do...

These are indicators that they might need help, but you know your child best and we advise that you speak with them first. Check in with them and ask them about what they are viewing, who they are speaking to and how they are feeling. This might feel difficult, but here are some tips to help you:

LET'S
TALK
ABOUT IT

- Listen carefully to their fears and worries. There are some helpful tips [here](#).
- Avoid complicated and worrying explanations that could be frightening and confusing.
- There is advice and support to help them [understand Coronavirus](#)
- If they are finding it hard to cope with bereavement and grief - advice can be found [here](#).

You can get more information from the following websites, these will help you understand why people sometimes need more support if they have been radicalised, what is available and how to access it.

NSPCC



internet
matters.org

COUNTER
TERRORISM
POLICING



parentINFO
FROM CEOP AND PARENT ZONE

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

If you have any worries or concerns...

LET'S
TALK
ABOUT IT

Firstly, we advise that you speak with the **Dedicated Safeguarding Lead** at your **child's school or college**. They will know your child and have had extra training to know how pick up on concerning behaviour. They can talk through your concerns, give advice and get extra support should you need it.

If you'd rather speak online, these websites can help you share your different concerns:

- If you live in Wales, [share your concerns about radicalisation here](#)
- You want to report any suspicious [terrorism concerns](#)
- If you need to report a [hate crime](#)
- You've seen something online that supports, directs or glorifies terrorism including websites, films or images [report them here](#).
- The **NSPCC** have a helpline 0808 800 5000 to talk to someone or an online form to share your concerns about your child



ACT | ACTION
COUNTERS
TERRORISM

