

Parental Newsletter 3/4/2020

Dear Parents/Carers

As we reach the end of our second week of home learning I would like to thank you for all the positive messages and feedback we have received. Whilst the last two weeks since closure have undoubtedly been testing, there has also been much to celebrate in how people have come together as a community, the offers of support for key workers that we have seen, and the engagement of students in their home learning.

We know that each and every one of our families are unique, and therefore a one size fits all model has to have some flexibility to it. Based on our survey responses and the individual contact we have had with many students and parents, we know that the majority of our families and students are keen to maintain the stability of a familiar school structure and this is how we will continue after the Easter break. There will be no additional work set over the holidays but it is an appropriate time to catch up on any missed tasks from the last two weeks.

Our parental survey also highlighted a desire for more variety in tasks set, and we will look to build this into lessons going forward. We are keen to trial some video lessons and see how these might help break some of the social isolation we all feel. We also recognise that working away from devices is important and are looking at this for standard lessons as well as developing a range of 'game changer' lessons across our Trust to add variety, breadth and challenge to what we are doing.

Over the Easter Break, including the two bank holidays, but excluding weekends, we remain open for the children of key/critical workers. The advice is clear; if you are able to keep your child at home, you should. If your job falls into one of the Government's defined categories for critical workers, and you cannot keep your child at home, then you can send them into school. This includes the Easter break, where we will not run lessons but activities for the children of critical workers who cannot stay at home.

The rest of this newsletter contains useful information to answer questions we have received and help with the holiday period. I wish you and your families a safe and restful Easter

Best wishes

Mr Whitehead

School News:

Thank you to all the students that have got involved in the Bohunt Challenges, there have been some tremendous efforts. There has been an Easter Challenge set that will support the newly created Nightingale Hospital in London, please do get involved. Our Easter challenge, which we're giving you two weeks to complete, is part of a national effort.

Bohunt Challenges:

In less than two weeks, thousands of people have worked tirelessly to open a new hospital in London to support those with symptoms of COVID-19. This new hospital has been called NHS Nightingale

and is a shining example of what can be achieved when everyone works together. All our challenges are available on: <http://www.thebohunttimes.com/>

This new hospital has made an appeal to all artists to share their artwork to brighten up the patient's time in hospital. This is a fantastic opportunity to help the NHS and one for all BSW to get involved.

To take part - take a photo of your piece, click the link below to send in your entry, or email it to homelearning@bohuntworthing.com

There is no theme to your art you send in- but if you want some inspiration you could use the NHS logo in some way, or the rainbows that have become popular around houses across the country.

Supporting our community

Locally and across the Trust we have been supporting Key Workers and Organisations. Staff have been volunteering to help the NHS, we have donated our Science goggles to Worthing Hospital and local Surgeries, and spare iPads have gone to a nearby old peoples home to help them stay in contact with their families whilst in isolation.

This week we delivered over 80 food parcels to our most vulnerable families and we are also providing food vouchers over the holidays to support them. The government has now launched a scheme that will run from the start of the new term.

Home learning:

Students have again shown excellent engagement this second week and the holidays are a good time to relax with no new work set. Please see the communique from Mr Jones earlier in the week with our response to your feedback on home learning and some tips to help.

All Year 8 students now have access to Lexia PowerUp for use at home. If you need support with the program, how it works and students completing their tasks on it, please contact tpearson@bohuntworthing.com. Year 7 also have continued access, and after Easter we will begin access for Years 9 and 10.

After the Easter break we will continue to deliver lessons remotely using Google Classroom. Students will continue to:

1. Follow their regular timetable, with the exception of years 7 and 8 not having lessons period 5-6 on Wednesdays.
2. Complete work on Google classroom. Work for the day will be available from 08.50 every morning for the whole day.
3. Communicate with their teachers through private chat on Google classroom

Teachers will continue to log missed remote lessons through Classcharts. Please be aware that allows us to run analytics to support families where students are missing a large number of remote lessons. **All behaviour points associated with missed remote learning will be removed when your child returns to school.** Please contact your child's teacher directly via email if you feel missed remote lesson points have been incorrectly issued. The most common reason for this is students not correctly submitting the work once complete.

We would also like to take the opportunity to remind you to ensure you contact the school by email or phone should you have any technical issues with accessing the work, or to report any pupil illness.

Online safety:

With students spending an increased amount of time online during school closures, we would like to guide parents to our website where you will find help and advice for students and parents regarding staying safe online. <https://www.bohuntworthing.com/about/about-the-1-2-1-scheme/>

Pastoral Support and Student Wellbeing:

Our pastoral team has been in contact with a large number of families to help and support any difficulties they are experiencing. Please do not hesitate to contact the school should you want somebody to get in touch.

Information has gone out to parents of children who receive Free School Meals with support over holidays and further information will follow about the national voucher scheme.

Student Wellbeing:

We understand that the current restrictions are challenging for both the students and yourselves. Attached to this letter is a Wellbeing Journal that parents can use with students to help proactively support their physical and mental health during this period of uncertainty. Below is some information from the Pastoral team, distilling recent guidance from the government on supporting young people during the Covid - 19 outbreak and they have included some useful links, if parents or students are looking for further support.

Living with and supporting young people can be challenging at the best of times but these strange circumstances we find ourselves in definitely lend themselves to potential for extra wobbles. The nature of teenage brain development means they feel worries that are adult sized but do not yet have the adult maturity to manage these emotions which can leave our young people feeling very overwhelmed. It is so important we don't join their panic (at least outwardly) but instead support them to manage it.

New guidance for supporting you to do this has been released by the Government which can be accessed at:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

The key points we have taken from this guidance are:

- It is vital to look after your own mental health – you can't pour from an empty jug!
- It's vital to listen to and acknowledge their worries, they need to be able to say them out loud, and this can help them to process the worries.
- Look out for behavioural changes it may not just be a sign of boredom but an outward display of their worries/anxieties.
- Be aware of your own reactions, they take their emotional cues from you, stay calm or at least keep calm in front of them.
- Keep connected and lines of communication open even if they don't appear to want this.
- Create a new routine, children and young people thrive on routine and the lack of school routine can leave a feeling of uncertainty and unease.
- Young people have little control over their lives at the best of times and may fight to keep some control in this time which may manifest as acting up, allowing them to control what is safe for them to do so.

Accessing mental health services and support:

The pastoral team at Bohunt are still available to support your children and young people in term times throughout the school closures. They can be accessed via email help@bohuntworthing.co.uk by either you as Parents or by young people directly.

Other services are also available to access for support which may be useful to look through and highlight to your young people. These include:

- Young Minds Crisis Messenger text service for 24/7 support on 85258
- <https://youngminds.org.uk/>
- <https://youngminds.org.uk/find-help/for-parents/>
- NSPCC Helpline 0808 8005000
- Chat Health (School Nurse text messaging service) 07480 635424 (8:30-4:30 Mon - Fri) – advice service for young people

Other information:

Year 11 Update

Following a Government update today detailing how the GCSE examination grades will be allocated to all students, a letter has been sent to all Year 11 Parents this afternoon.

Year 7 Spring Report

Year 7 students were in a highly fortunate position that their tracking data had been collected by teachers before the school had closed. As a result we have been able to share their spring report with all parents this week.

We hope by receiving their report, it provided an opportunity to celebrate with your child the subjects that are going well, and prompt conversations around any subjects or areas that may need additional attention or support.

As always, if you have any questions or concerns regarding their report please contact your child's teacher in the first instance, although please appreciate during these circumstances, replies may not always be immediate.

Stay connected

There are lots of different ways to stay connected to school updates beyond our letters home.

1. Emails sent to all our Bohunt Worthing students through their school email address.
2. Our school website <https://www.bohuntworthing.com/>
3. Twitter - for those of you that are in tuned with social media you can follow our twitter @bohuntworthing for all the latest tweets and shared news.
4. The Bohunt Times - our very own student led digital newspaper will continue to post news, challenges and other exciting ways to keep students and families engaged and entertained. Please keep sending in your shared pictures and challenges.

Their website is <http://www.thebohunttimes.com/> and to follow their YouTube channel: <https://www.youtube.com/channel/UC284JCeQ32qsRMYBvNr4-qQ>

Coronavirus for Young People (Children's Commissioner)

This young person's guide to coronavirus aims to answer children's questions about the virus, tell children how to stay safe and protect other people and how to help them make the best of their time at home. Download the guide: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus>