

Dear Parents/Carers,

Thank you for all the messages of support sent in this week, many of which highlighted the smooth and successful transition to home learning for the majority of students. As teachers we know the benefit that a few positive words or pieces of praise has on a young person and it is worth remembering it has the same impact on us as adults. I have today shared with staff a document summarising all your messages as an uplifting way to start our weekend after a hard week's work for both staff and students.

This week we are starting to implement plans that will help break up our remote lessons with valid structured time away from their screens for our young people and staff. Being the recipient of 6 on line lessons in a day is challenging as is delivering six to classes of thirty. I hope you will appreciate and support some of the changes described in this update which will allow student's some opportunities to be more independent and maintain motivation for turning up and participating brilliantly in registered live lessons.

We will continue to explore ways to vary the educational diet and welcome any suggestions or feedback. As a trust we are again looking to plan and deliver break out days over the coming weeks made up of activities that recognise the importance of time outdoors, physical activity, creativity and choice. Watch out for these plans appearing to help families keep motivated with the curriculum in its widest sense.

There have been further media reports regarding Y11 GCSEs this week without anything definitive being said other than that a consultation will be launched shortly. There remains the very strong possibility that students will be required to sit some form of formal assessments under exam conditions in the summer so it is absolutely vital they continue to attend their lessons and complete work set until. You will be the first to know once we have a definitive understanding of how your results will be awarded this summer and any changes this allows in your curriculum.

Lateral flow testing by schools has also been in the media this week. Our test centre is set up and training complete along with permissions sort for students who are part of our key worker school. The purpose is to try and help detect those asymptomatic people potentially circulating the virus unwittingly. At present we plan to begin testing later next week but find ourselves again awaiting firm direction from the government that addresses the scientific based concerns raised by advisory bodies as to the validity of these tests and effectiveness in achieving their stated aims. We will keep you updated.

It is early days in this lockdown and the first two weeks have started positively with continuing high levels of student engagement in their learning. The accelerating roll out of vaccinations is the light at the end of the tunnel and helping us all reach that point collectively, safely, physically and mentally well remains our primary objective.

Best wishes and stay safe

Mr Whitehead

SCHOOL NEWS:

Y7-11 BET Assessments

As we approach week three of remote learning, the in year BET Assessments which were scheduled for this term have been postponed. These assessments will not be taking place in remote learning.

Calendar

Thursday 21 January - Y11 Prepare to Perform - CANCELLED

Tuesday 26 January - Virtual ERA Day

wc Monday 1 February - Game-Changer Week - more details to follow

LEARNING AND TEACHING - Mr Jones

Alternative Provision

Monday marks the beginning of our alternative provision programme. In an effort to reduce screen time, we will be setting alternative tasks following the timetable below. All subjects will plan an activity that is linked to the curriculum content but does not necessarily rely on screen time. This will be set in advance on Google Classroom. We look forward to seeing and sharing some fantastically creative pieces of work from the students

	Science	Maths	KS3 –Humanities and STEM GCSE Option blocks A/B	English	KS3 – MFL and Performing Arts GCSE -Option blocks C/D
Year 7	Week 1	Week 2	Week 3	Week 4	Week 5
Year 8	Week 2	Week 3	Week 4	Week 5	Week 1
Year 9	Week 3	Week 4	Week 5	Week 1	Week 2
Year 10	Week 4	Week 5	Week 1	Week 2	Week 3
Year 11	Week 5	Week 1	Week 2	Week 3	Week 4
Week 1 commencing 18 th January Week 2 commencing 25 th January Week 3 commencing 1 st February Week 4 commencing 8 th February Week 5 commencing 22 nd February					

In addition, we are taking further steps to reduce the amount of time students are expected to be in front of a screen. Teachers with a 5 or 6 period day of lessons will be rotating a couple of classes to have work set on google classroom without the need for students to be on zoom to register. Work for these lessons will be submitted through google classroom and your child will be registered as educated off site for that lesson. Please be aware that teachers can be asked questions through the Google Classroom chat function for the duration of these lessons. It will be made very clear on the Google Classroom instructions that there is not a live element to the lesson.

Careers

With students spending an increased amount of time at home, this could be the perfect opportunity to initiate discussions around future choices and careers. Barclays life skills is a very good starting point. There is a lot of information for parents and students. Youngsters can register for free and have access to some really good advice and activities based around life skills and careers.

<https://barclayslifeskills.com/sign-in/young-person/?returnUrl=/young-people/>

Supporting Students at Home

Each week we will look at ways you can support your child at home to make their home learning experience as successful and stress-free as possible. This week we look at exercise and relaxing.

Exercise is important to sustain our physical and mental health. A lot of our students will have seen their usual sources of exercise (walking around and commuting to school, team sports etc) diminished due to lockdown so it is important that students find ways to replace that. Below are some suggestions for how students can continue to complete light exercise:

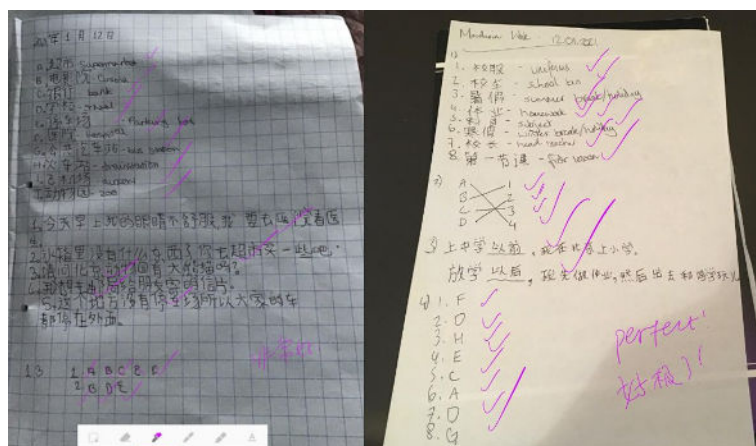
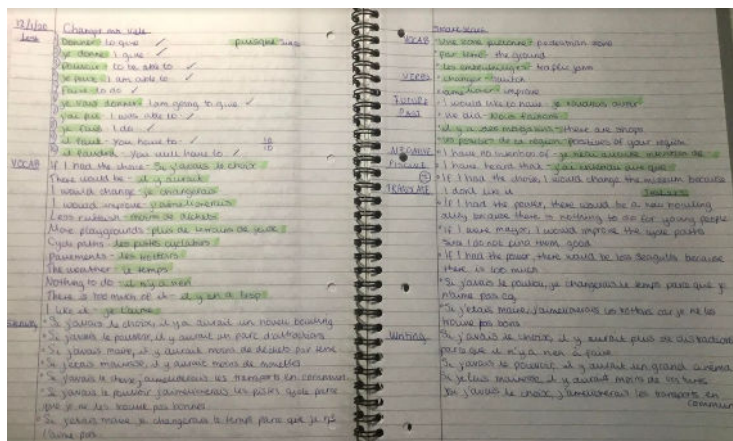
- Exercise has been proven to reduce anxiety, depression and feelings of social isolation making it extremely important at the moment as our usual support mechanisms are compromised.
- Students can use break and lunch time to go for a walk. At the very least, ensure that in this time students leave their work areas and take a break from their devices.
- Government guidelines allow us to meet one person from another household outside so where possible and appropriate students should consider going for a walk or a jog with a friend.
- There are numerous Youtube channels committed to getting us active during lockdown such as Joe Wicks (The Body Coach): <https://www.youtube.com/user/thebodycoach1>
- Yoga has been proven to help aid concentration and mental health. Yoga with Adriene is a popular channel on Youtube with videos for all ability levels: <https://www.youtube.com/user/yogawithadriene>
- With organised sport on hold, students should try to do whatever they can to maintain their passions and hobbies. A few keepy-uppies in a park or practicing some putting down a corridor can help relax and enjoy some free time.

Sharing Success

Our students are fantastic, and we like to celebrate their successes. A small sample of some of the great work they're producing can be seen below:

Izzy Lane: Year 10 student producing some great work in French. Très bon!

Laurence Faithful in year 9 GCSE music produced really beautiful solo performance of Tears in Heaven on classical guitar, definitely worth a listen by clicking the link [here](#):



Nikola Osinska (Year 10) and Jonas Nind (Year 11) produced some perfect Mandarin work, with Miss Fu providing feedback on Google Classroom.

Engagement

Attendance online remains positive and in the background the pastoral team have been busy reaching out to students and parents offering support to remove potential barriers to learning. Our motto is Enjoy, Respect, Achieve. I firmly believe that if we can get students into good routines and into their online lessons they will continue to Enjoy their learning. Staff are working hard to reflect and refine what they deliver to ensure it is accessible for all. Something which was reinforced during our INSET this week.

We will continue to engage families in non attendance to online learning and would ask that students and or parents make contact if they are experiencing any difficulties whether they be technical, academic or pastoral concerns.

See below the top performing Houses and tutor groups from the second week below:

1st Mandela - 877

2nd Turing - 789

3rd Franklin - 770

KS3	Franklin	Mandela	Turing
1st	8VLE	7MDA	8DHU
2nd	7ARO	8AME	7KLA
3rd	8RDA	8TBA	7JNO

KS4	Franklin	Mandela	Turing
1st	10KFR	9TFU	10NJI
2nd	10EDU	7RSH	11RFA
3rd	9LBR	10GWE	10SWI

Congratulations to 7MDA who are the top scoring tutor group in the school this week with 206 ERAs, well done!
See below the top 5 performing students in terms of ERA's for each house and key stage for this term so far:

Key Stage 3	Franklin	Mandela	Turing
1st	Toby Le Fevre	Bobby Fuller	Sebastian Taylor
2nd	Ethan Strong	Millie Sneddon	James Bashford
3rd	Nicholas Osinski	Scarlett Andrews	Benita-Marija Jocaite
4th	Christian Shorney	Albin Biju	Anna Emmerson
5th	Charlie Townsend	Jonah McLafferty	Thomas Marks

Key Stage 4	Franklin	Mandela	Turing
1st	Joe Hennings	Lily Roberts	Frey Allen
2nd	Imogen Turner	Harry Searle	Joshua Grumble
3rd	Felix Monaghan	Maria Mihai	Daisy Martin
4th	Samuel Grenning	Benjamin Waterer	Freyja Wareham
5th	Ikrash Khan	John Lavadia	James Cruise

A reminder to all that Game-changer nominations will open this week from Wednesday 20th to Friday 22nd. Please keep a close eye on your ClassCharts to see staff nominating students this week. Each nomination is worth 5 ERAs and goes towards the Game-changer of the term award.

Tutor Contact

Last week I outlined our intentions for all tutors to make contact with their tutees once a fortnight as a general wellbeing check in. Further to this I would like to share with you that moving forward there will be a series of non compulsory and compulsory tutor sessions for students. Tutors will be present for one slot a fortnight where it will be a live zoom tutor call. It will be an opportunity for students to say hello to each other and participate in a joint activity. Attendance will be non compulsory but early feedback from tutors who have run these activities is that it was a positive experience for both the students and tutor.

Occasionally, there will be a compulsory tutor zoom call. In this instance we would ask that all students attend the call. For example depending on how the lockdown progresses we will run a remote tutor time to talk through the options process with all year 8 students.

Regardless of whether it is a compulsory or non compulsory slot, tutors will provide details of the activity / event ahead of time so the student has plenty of notice.

Eligibility for free school meals

As we enter the second week of lockdown, We are aware that for some families their personal circumstances will have changed due to the Coronavirus pandemic. You may be entitled to free school meals where previously you would not have qualified. There are a variety of additional benefits for yourselves and the school if you do qualify; as a school we receive £935 for every eligible student. One of the main benefits is £2.30 on the child's catering account daily, for free school meals. At Bohunt School Worthing we also offer: reductions in school trips; uniform vouchers; assistance with the iPad scheme; and potential further access to resources to support your child's learning (textbooks and cookery resources, or subsidised music lessons). This can provide excellent assistance to a student's experiences at Bohunt, and allow them to participate in line with their peers. It can also provide you, as the family, a degree of comfort and support. We acknowledge this may be a sensitive topic, but equally understand that circumstances may have changed due to reasons beyond your control. Therefore, if you would like to discuss this in confidence then please do not hesitate to contact the school on (01903) 601361, or your info@bohuntworthing.com in confidence. Alternatively, guidance can be found by following this link. [WSCC - Financial support](#)

Student Wellbeing

Keeping Active!

Keeping active and supporting your physical and mental health and well being is now more important than ever! Each week a member of the PE team will be sending out some 'Top Tips' for students and parents to keep active during the period of online learning. This can be done in students PE lessons or in their spare time.

This week Mr Weedon (Head of PE) has attached some useful resources that anyone can access at any time regardless of age, space, equipment and fitness levels.

The Body Coach TV

Joe Wicks is back for lockdown 3.0. All his fitness lessons can be found on his YouTube channel, however should you want to participate live tune in on Monday, Wednesday and Friday every week at 9am.

<https://www.youtube.com/user/thebodycoach1>

HASfit

Similar to The Body Coach. If you are looking for a higher intensity workout that focuses on specific fitness or body part then this will suit you more! HASfit has over 200 videos that will challenge every individual.

<https://www.youtube.com/c/Hasfit/featured>

Yoga with Adriene:

If you wanting to unwind after some challenging lessons throughout the week you can do so with Yoga with Adriene. Find a nice quite area, even outside in the garden if you can brave the conditions and try some yoga. For all abilities, it is the perfect way to prepare yourself for your online studies.

<https://www.youtube.com/user/yogawithadriene>

Active Sussex - Active at Home

We are lucky to be in a County and an area that provides many opportunities for students to get active. Active Sussex (organisers of the Sussex School Games and Virtual School Games) are always updating their website with ideas of how you as a family can continue to stay active and healthy throughout the lockdown.

<https://www.activesussex.org/activeathome/>

ERA day

It is important that whilst students continue to do their very best with their remote learning, student wellbeing should be overlooked either. As a school we are looking at varying the diet of work with some sessions deliberately being off zoom. I would also like to provide advance notice that we intend to continue with our ERA day. As per the last lockdown we will do this virtually and it will give the students a different experience to that of remote learning. More details to follow.

Pastoral team resources

Each week I will be providing some wellbeing resources that can be viewed by both parents and students. This week I have included links to two presentations produced by the BSW pastoral team. This week's presentations focus on cyber safety and the importance of sleep.

[BSW - Are you cyber safe?](#)

[BSW - Sleep](#)