



15th January 2021

Dear Parent/Carer

As promised I am writing to you on a weekly basis now to update you on the many aspects of working through this latest lockdown. Each week I will try to summarise everything that has happened in the preceding week and we definitely know is going to happen the following week.

Providing devices for households that need them

What we have done so far

Having given out over 50 of our own chromebooks in the last week and a half we have now got our first consignment of DfE sourced chromebooks and have started to provide these to families where there has been no access to a device.

What is coming up

Following our survey of parents with regards to data or the need for 4G dongles, an order has now gone to the DfE for these products. We know that the dongles have been shipped but we are awaiting their arrival. As soon as we know more we will invite those families to come and collect them from school

Exercise books

What we have done so far

We have messaged everyone to say that the exercise books are now available for collection from the glass dining room from 11 – 1 each day. We have had a steady stream of parents, grandparents and students coming to get them books. We want students to be proud of the work they are doing and to keep it all in one place.

What is coming up

We want all families who need this resource to have access to it. We will remain open for collection of the books for another week to allow everyone who wants to time to come up. If you cannot come up to school for any reason, you might all be shielding or self-isolating for example, please let us know and we will ensure that someone delivers to your household.



Free School Meals

What we have done so far

We have continued to provide a grab bag for families who need them and can collect and also provided food for those students who are with us every day in school and need a lunch.

What is coming up

The government announced yesterday that the national voucher scheme run by Edenred will be resurrected in the w/b 18th January. We are ready to deliver on this as soon as it happens. For those families entitled to the vouchers we will be in touch as soon as we have the authority from Edenred to order the vouchers.

Remote learning

What we have done so far

We are learning more and more about this new way of working every day. We are so proud of so many of our students who are engaging maturely and positively with their “live” lessons and working hard to upload their work to each of their classrooms. We have already responded to parent concerns about too much screen time by reducing the number of live lessons per day to 4 hours for KS3 students with an hour to catch up on independent practice tasks. For older students there is one posted lesson per week per subject with all other lessons being live. When students are working on paper they are not having to stare at a screen and we are conscious that too much screen time is not good for students or staff.

We have invested in a product called Google Enterprise for Education, buying licences for each of our teaching staff so that they can use the interactive features that it provides. For those of you who have been watching the lessons you might have seen teachers now using activities like “Polling” and “Breakout rooms”. Feedback from the students about this new functionality has been very positive.

Please note that we reserve the right to suspend a child’s Google account if they misuse it anyway. Having the right to participate in live lessons brings with it a high level of responsibility too. Fortunately the number of children who are abusing the lessons is very, very low but any disruption is inexcusable. If your child does prevent the learning of others we will let you know and suspend their account for 1 or 2 days depending on the nature of the poor online behaviours shown.

What is coming up

Google Enterprise for Education also provides us with a record of participation in the live lessons. We are working hard to reach out to families where students are either sporadically engaging or simply not coming online at all. Hopefully this new consignment of devices and access to data/dongles will provide much needed support for some of our children. However, we would ask that parents try to help those children who are reverting to nocturnal habits, to maintain good

sleep hygiene and positive daily routines. We know it is hard, particularly with dark mornings, but attendance at lessons is vital to ensure that students are not missing the building blocks of their future learning.

We are reviewing our remote learning offer weekly – if you have feedback for us please email me on stthomas@wykhampark-aspirations.org. We welcome any reviews you can give us as we navigate these tricky times.

Next week we will be looking to collect student and parent voice so that we can look to improve our offer further. Please look out for communications about this.

Year 9 Guided Choices

We are just about to begin the Guided Choices process for Year 9 students to plan with us their KS4 curriculum.

Key dates for your diaries are:

28th January - Yr9 Guided Choices information workshops all day - No lessons

28th January - Futures Institute information evening for GCSE pathway

4th February - Guided Choices information evening to yr9 parents from WP and FI

Year 11 and Year 13

Yesterday, as expected, the government and Ofqual announced that the consultation on how Y11 and Y13 will be assessed in the summer will begin next week. It will run for 2 weeks. There has been a suggestion that there may be mini exams in the summer, but we will have to wait for the results of the consultation to know exactly what we are preparing our students for.

In the meantime, we will continue to work hard to ensure that students follow the curriculum and assessment patterns they would have had if they were learning in school. We will be asking students to complete assessments at home and we will provide more details about this in the next week or so.

Careers interviews are starting remotely for Y11 and Y13. Your child will get an invite to the Google Meet with our Careers Advisor. Please can you remind them to attend as it is one of our non-negotiables on the campus that our older children get support with their next steps.

Student welfare and wellbeing

What we have done so far

Whilst school is closed for the majority of students, we remain open for the children of Critical Workers and for those who are vulnerable. These students have access to exactly the same online provision as their peers working at home.

Our welfare team has been flat out visiting and calling students to check in as often as possible with those we know are struggling. If you know your child is finding life tough at the moment please don't hesitate to contact someone at school. We are only an email or phone call away.

If you want some resources to help over these difficult times I would like to signpost you to this section of our website <https://www.wykhampark-aspirations.org/information/health-wellbeing/> . At the end of this letter I have also added some materials from Place2Be – we value our relationship with this wonderful organisation and they offer us all some interesting ideas at this difficult time. I looked through the Top Tips and thought about some positive changes I could make this week onwards.

This week we started our mentor times and assemblies. These provide a chance for students to share with their mentors anything that is on their minds and also to have some of their all important PSHCE programme. This week we are looking at resilience and how to remain positive when things are not great.

We have decided that we will trial students being allowed to have their videos on during mentor sessions but only with your permission.

Wykham Park Academy

All sessions start at 8.45 a.m.. They will last between 15 and 20 minutes to allow students a break before their first live lesson at 9.15 a.m.

Year	Mentor sessions and classroom codes	Assembly and classroom code
Y7	Monday and Thursday C1: Ms Pai - prusfgk C2: Dr Shires - gm6x47v D1: Ms Moore - mgnjtkr D2: Ms Dalgliesh - kkuonv2 N1: Ms Randall - 27motix N2: Miss Hancocks - 2hmxgnm	Tuesday
Y8	Monday and Friday C3: Mr Spencer – eyrf5rq C4: Ms De Piro – hhwqmjr D3: Miss Maree – opg5jhl D4: Mrs Jones – vku4via N3: Miss Pomfrett – 7k2d221 N4: Mr Savage – ejgbdlm	Wednesday
Y9	Monday and Tuesday D5: Miss Olds - 7fywdlv D6: Mr Sullivan - g5e3awg C5: Mrs White - mpo6sxd C6: Miss Brookes - c7uuk5v N5: Mr Pratt - skkqmqe N6: Mr Sterland - qff4ehx	Thursday

Y10	Monday and Thursday C8: Miss Joubert -p6qvw4b C7: Miss Smith - kj6icnl N7: Mr Walton - hkyjbiu N8: Miss Keyes - 6gfvesg D7: Mr Chilton - kus2rgj D8: Mr Bent - kxmz5hz	Tuesday
Y11	Thursday 1: Mrs Kinsella – 7jx37gb 2: Mr McLeish – znu17zf 3: Ms Thomas – pytdru4 4: Ms Hetherington – pfferb7 5: Miss Gilbert – dp7ec5u	Monday Wednesday jym6fcc
Y12/13	Tuesday (currently at 8.45 but might move to 1.30) Year 13 (SF1 and SF2) Mrs Willcocks/Mr Moore: b7vynmo Year 12 (SF3) Mr Butcher: cqbh2ji Year 12 (SF4) Mr Louka: mt26mqf Year 12 (SF5) Mr Newell: qocqd6m	Thursday mbigiup

Futures Institute

All sessions are from 9.00 – 9.15 a.m.

Year group	Mentor sessions	Assembly
Y7, 9 and 10	Monday and Friday Mr Medwin q6ni3wq Mrs Rhodes rs3uil4 Mr Jeremiah iqnuibf Mrs Martin jrjtbjh	Wednesday
Y11	Friday Mrs Dixon 6wwryyg Mr Puran ojgo447	Thursday

What is coming up

In our assemblies we will be giving “Shout outs” for those students who have been showing great engagement in their live lessons and/or producing fantastic work in their Google classrooms. I have already seen some of the nominations from staff who are seeing better and better engagement as time goes on.

Lateral flow testing

What we have done so far

We began testing the day after we got back to school. The team have been absolutely fantastic in delivering a very professional service to the staff and students in school. So far we have only had one positive test.

What is coming up

We have now offered our testing service to primary schools in the town so that they can continue with the service they are providing to families of vulnerable children or Critical Workers. We will be supporting four primary schools from next week.

We thank all parents/carers for your support since we returned in January and look forward to working with you in combating the virus in our community and nation so that we can welcome your children back into their rightful place in school.

My best wishes to you all

A handwritten signature in black ink, appearing to read 'Sylvia Thomas'.

Miss Sylvia Thomas

Support for parents from Place2B



Hello Parents and Children,

I know the last few months have been a bit strange and different but I hope you are all settling into your new routines at home. Everyone at school misses you all and have been thinking about you every day.

We know you are doing your best at home, change is hard. I think you may have surprised yourself how well you have coped, even the small things are important. Change can seem scary, we like to know where we are heading and what we are doing next. However, we can control how we manage this change, think about your strengths what you and your family enjoy doing and the things you don't ever get the chance to do. Things are unknown but we will get through this together, create a routine, think about the things you can manage and what you would like to have done by the end of the day.

This is a break, tell yourself and your family that you will see friend/family/school soon, we all can't wait to hear your stories and see your smiles. Also, you must be kind to yourself and each other.

We have put together some resources for you all to share, please try them with your children;



Looking after yourself and your child/children;

<https://www.youtube.com/watch?v=8GmQijmUrkk>

I found this useful for both adults and children in re-framing anxiety

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Looking at the facts of the virus and how to keep us safe, and our own self-care.

<https://www.lucysblueday.com/> Has a free ebook called 'Lucy's in Lockdown' designed to help children to express their feelings about covid-19 and lockdown.

<https://www.kooth.com/> Free online support for young people looking for advice or help if you are not feeling your best. They also have some good videos to watch.

<https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

<https://youngminds.org.uk/>

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

<https://www.healios.org.uk/services/thinkninja1>

Think Ninja - Helps young people manage their emotional health, good YouTube clip.

www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self harm and suicide prevention including support, information, training and consultancy to people who self harm, their friends and families and professionals and those at risk of suicide.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

For Adults; Practical advice for staying at home, eating well and staying hydrated.

Connect with people

Find and routine

Keep active

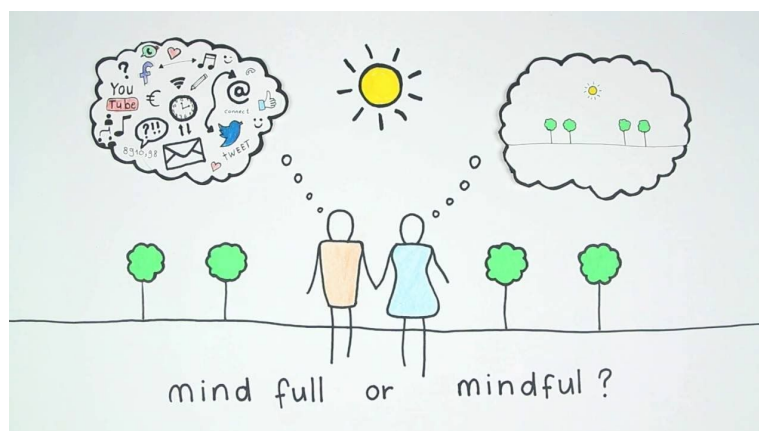
Ways to relax and create

Ways to help if you are worried; games

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Online safety help, protecting your children online. Ways to keep them safe.



Ways to keep calm, when feeling overwhelmed.

<https://www.headspace.com/>

Mindfulness; Stress less. Move more. Sleep soundly.

- Hundreds of guided meditations on everything from stress to sleep
- Over 40 mindfulness exercises for cooking, eating, commuting and more
- Super-short meditations you can do anytime.
- Expert guidance from former monk, and Headspace co-founder, Andy Puddicombe
- Sleep Sounds to ease the mind into a truly restful night's sleep
- Fun, simple animations to help you with your meditation practice and answer any questions you might have

<https://www.newhorizonholisticcentre.co.uk/>

Meditation for Adults and children. Apps and YouTube videos to watch.

- Relief of Stress and Anxiety
- Supports Healthy and Emotional Development
- Increased Focus and Concentration
- Increased Creativity
- Feeling More Calm and Relaxed
- Restful Nights Sleep

<https://millpondsleepclinic.com/sleep-advice/baby-child-sleep-advice-videos/>

Helpful videos on sleep for babies which also helpful to think about our children/teenagers and adults. Going back to the basics.

- Early Rises
- Bedtime Routine
- Sleep advice videos



Exercise at home with the family. It is fun, exhausting, but good for mind and body, do as much as you can. Brilliant for the children with lots of energy to burn!!

<https://www.youtube.com/watch?v=-TGEdzRzSbw>

Joe Wicks has a live PE lesson on Monday, Wednesday and Friday at 9am.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

Why it's important to exercise.

<https://youtu.be/FP0wgVhUC9w>

Zumba Kids lots of great dances to: Old Town Road, Minions.....

<https://www.jumpstartjonny.co.uk/home>

Fun workouts and chill-out videos, lots of free videos.

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

Fun and interesting ways to get active.

<https://www.youtube.com/watch?v=SmBa-0bJYXQ>

Gentle exercises for lower back pain

<https://www.youtube.com/watch?v=njeZ29umqVE>

1 mile happy walk, gently ways to move

<https://www.cosmickids.com/>

Yoga, storytelling and meditation.

<https://www.youtube.com/watch?v=X655B4ISakg>

Yoga - Breathing and moving for children and parents.



Creative and interactive ways for keeping the children busy.

https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more_35765?c=15

Links to zoos that offer live web-cams of animals

<https://biglifejournal-uk.co.uk/pages/podcast>

'Big Life Kids' Mindfulness podcast

https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg

'Draw with Rob', drawing together with illustrator Rob Biddulph

<https://www.michaelrosen.co.uk/>

English children's novelist, poet, and the author of 140 books, this website will give you video links to some funny and interesting poems he has written.

<https://www.bbc.co.uk/cbbc/shows/art-ninja>

He is an animator with amazing art skills. He loves to teach his secrets and get you to create your own art. Great ideas and YouTube videos to watch.

<https://littlebinsforlittlehands.com/lego-challenge-calendar-ideas-kids/>

Lego challenges, Coding and lots of other indoor fun ideas.

<https://hourofcode.com/us/how-to/parents>

Coding with animals and they can dance.

<https://www.carylhart.com/special-projects/free-book-resources>

Lots of fun creative free stuff to do at home

<https://musiclab.chromeexperiments.com/>

Making learning music more fun and creative a hands-on experience.

<https://www.thepetitecook.com/water-cake/>

Difficult times call for creative measures, and among many things, this includes reinventing the way we cook and bake. Especially when you're stuck at home.

<https://www.peta.org/living/food/three-ingredient-vegan-cookie/>

Only need three ingredient recipes.

Please keep up all your talents and interests. Keep singing, baking, dancing and learning about the world around you.

The staff can't wait to see you change and grow over the next coming weeks. We are all looking forward to welcoming you back, whenever that might be.

Top tips for coping with change

1. Stay in the 'here and now'

Try to focus on just the day ahead of you rather than fixating on longer-term plans. Put down your phone and relax for a moment. Just take one day at a time, and if you feel your mind drifting bring it back to focus on doing something mindful or creative, like making a creative scrapbook.

2. Manage your expectations

The current situation has taken away from most of us the ability to make plans and stick to them. It's natural to want to make plans, and have things to look forward to, but for now only, it's better to focus on things that are closer in time.

3. Find a routine

To help you feel more in control of your life and less stressed about the changes around you, find your own little routine that can help you keep focus on the here and now. Routines give us a great sense of security. Here's more on making a great daily routine.

<https://www.bbc.com/ownit/take-control/structure-at-home>

4. Avoid online 'triggers'

Don't spend too much time online reading social media and following every news story. It can be hard to tell what is real or accurate, and everyone likes to share their opinions online. Unfollow accounts that stress you out to avoid feeling like the news is spiralling out of control.

5. Talk. Talk. Talk

Whether over online messages, the phone, or in person - tell your family and friends how you are feeling because other people will most likely be feeling the same way and talking to people you trust will always help.