



Miss Sylvia Thomas – Principal of Banbury Aspirations Campus

23 February 2021

Dear Parent/Carer

What wonderful news we all had yesterday with the government's delivery of the roadmap for moving out of lockdown restrictions. I had always predicted (and hoped) that we would all be back in March.

Whilst there is much to sort out for our own individual roadmap for return on this campus, I am currently able to share with you the following information:

What we do know

- ✓ It will be the law for students to be at school.
- ✓ We will still be in year group bubbles.
- ✓ We will still be having staggered starts/ends of the day.
- ✓ We will all be wearing masks for the whole time whilst on school site (unless there are medical reasons not to).
- ✓ We will be phasing back to school through the w/b 8th March and into the w/b 15th March.
- ✓ We will be sending your children home with 2 testing kits per week for you to test them yourselves (we assume this will be from w/b 15th March but have not had confirmation of this yet).

What we don't yet know

- How we will organise the testing in the w/b 8th March– we have to test each student 3 times. There is a webinar we will be attending on Wednesday 24th February and I will write to you again once we know what is actually expected of us.
- What the new arrangements are for GCSE and A level students who would have been sitting exams this year – we are due to hear from the Department for Education later this week.

I intend to write to you again this week as soon as we have been given further guidance.

Preparing for our return to school

Sleep and positive routines

Whilst the return to school is such fantastic news for all of us, I am certain that for many students and adults alike there will be feelings of anxiety as well as excitement. Getting back to normality will take us all some time as there will be new routines to get used to again.

Whilst we are so proud of your children for adapting to remote learning so quickly we know that many have also developed poor sleeping patterns and will struggle in those first few weeks to adapt to the rigours of the school day.

Miss Carter from our welfare team has been looking at sleep hygiene for us and created three posters to help support your children over the next couple of weeks get back into better patterns at night time. On the next page is one example of the posters. They can all be found on the website. We are sure that they will help you prepare your children for their return to school.

Teenagers vs Sleep



Give them the above facts so they understand why they need to sleep & they aren't indestructible

In run up to being back at school- Set the same daily wake-up and sleep times

Turn off all electronics 1 hour before sleep - This can be tough but could be done in baby steps e.g. reduce screen time by an hour each day

Follow with a warm bath or shower to help relax muscles

Place any sleep distractions out of sight e.g. phone in drawer on otherside of room

Keep pad/pen next to bed to write down anything to remember for tomorrow e.g. A text idea for a friend/ worries for school

Give an incentive for the above e.g. An extra hour at the weekend/ A takeaway

Discourage afternoon naps- distract e.g. quick Joe Wicks session
As much as you can, encourage your teens to avoid any caffeine/ sugary snacks and heavy carb food 4 hours before bedtime

Get at least 30 mins of exercise a day, even if it is just a walk to a local shop & back

Decluttering the bedroom can help. Hard to switch off & relax in messy space

Keep sleeping space cool 16-20 degrees, and bed away from radiator if you can
To release the sleep hormone (melatonin) keep the lighting low

Uniform and equipment

We will be returning to school with our usual high expectations of uniform and equipment.

Cross Embroidery has remained open and is currently operating on a click-and-collect basis. If you are suffering financial difficulties due to the pandemic we have a pre-loved collection of blazers etc. in school which are on sale at a cheaper rate. We will endeavour to support anyone in severe hardship so please call one of the welfare team at school this week for advice. Please don't be a stranger – we are here to help.

For the next two weeks

Over the next two weeks we will continue to offer our comprehensive remote learning package of live lessons which has proved to be so successful for many students. We still have two 4G dongles available if anyone still needs support with internet access.

I processed Free School Meals vouchers early yesterday morning for this week and next (£15 per child on our campus per week) and was very comforted to see that many of you have already redeemed these by yesterday afternoon.

We will continue to deliver food parcels to families for as long as it is possible to do so as we recognise that the lockdown process is over 4 months and many of you will remain on furlough over that time.

I look forward to being able to reveal more of our plans over the course of this week as the government release more details to us.

Best wishes

A handwritten signature in dark ink, appearing to read 'Sylvia Thomas', written in a cursive style.

Sylvia Thomas
Principal of Banbury Aspirations Campus