

Horsforth School

Lee Lane East Horsforth

Leeds LS18 5RF

Tel: 0113 226 5454

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Email: info@horsforthschool.org

Website: www.horsforthschool.org

Headteacher: Dr P Bell

Parent/Carer

Our ref: PCB

Date: 24/04/2020

Dear Parent/Carer,

I hope you are all safe and well, that lockdown is not posing too much of a challenge and you have been able to keep in contact with your family and friends.

We continue to open to children of Key Workers and our most vulnerable students but have no news as to when we will re-open.

I would like to update you on a few developments and some useful links.

Remote learning

We have a team of staff using technology to support home learning using live streaming, recorded lessons and voice overs to resources. Thank you for continuing to support home learning and, as I said in my letter on Monday we aim for all students to have at least one of these a day. Please bear with us as we look to develop this.

Remote Learning Year 11 and 13

Please encourage your son or daughter to continue to work through the set tasks. If students are not happy with their results they will have the **opportunity to sit an exam at some point** and this is perfect preparation.

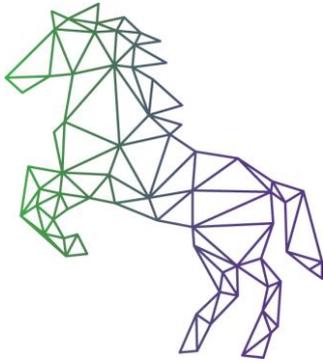
I hope the **Year 11 into 12 Transition site** <https://sites.google.com/view/y11-into-12-transition-work/home> is useful and we strongly encourage students to begin preparing for their A level courses next year. There will also be tasks linked to careers (UniFrog) and cultural experiences for them to have a go at.

This work should supplement and **not replace** their Google classroom work that has been set for them.

Mental Health and Wellbeing

Maintaining our wellbeing is vital. The links below take you to some excellent websites full of useful tips, guidance and support for either yourself or your child in keeping a positive mind set during this difficult time. There are specific links for support with anxiety, low mood and depression.

'Opportunity and achievement for all'



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Please do not hesitate to contact the pastoral team if you have concerns around mental health, the team can access local support through Horsforth Children's Services and offer support through regular phone calls and bespoke activities with your child. Please email pastoralhub@horsforthschool.org

www.mind.org.uk

www.mindmate.org.uk/

www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Safeguarding

Our Child Protection team can be contacted via the email address safeguarding@horsforthschool.org. Please mark this for the attention of Sarah Nowell and Lee Bennett. Please do contact us if you have any concerns about a young person or child.

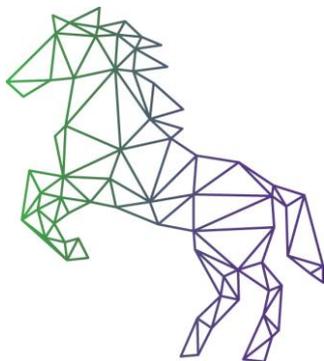
Safer use of Zoom Unfortunately, we do need to be aware that online predators will use a range of social media sites and apps to exploit young people. Please see the following safety tips for using the app:

- Use a new meeting room each time (ie. don't use the personal meeting ID).
- Don't allow attendees to join before host.
- Mute attendees on joining.
- Turn screen sharing off.
- Set up a 'waiting room'
- Lock your meeting room after you have started.
- Don't publicise your meeting's link on social media.
- Don't share the screenshot of everyone, especially when it shows the meeting ID.
- Try to have someone whose job it is to 'manage the room' and focus just on doing that.
- Avoid sharing personal information.
- Turn off your video and microphone, unless it's needed.

Useful (I hope) links

We have had very positive feedback on links we have shared previously. I understand how difficult it can be cooped up in a house so if you are looking for suggestions of alternative tasks that can provide some respite and positivity please explore these:

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Description	Link
List of education companies offering free subscriptions due to Coronavirus.	https://kidsactivitiesblog.com/
Daily activity symbols and make your own visual schedules plus support for parents and families as a whole around mental health.	https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/
Specifically covers the Coronavirus pandemic and support / guidance for parents who are at home with their children. It also outlines strategies for dealing with challenging behaviour and anxiety.	https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/
Fun games and activities for children and families to and wake up your bodies and engage young minds.	https://www.gonoodle.com/for-families/
PE daily work out fun for the whole family.	https://www.youtube.com/channel/UCAxWIXT0iEJo0TYIRfn6rYQ
Learn to dance sessions based on familiar films and musicals.	https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g
Music lessons with Mylene Klass, familiar songs like happy birthday, sharing basic concepts like major and minor in music and associating to feelings.	https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ
A virtual House of Creative Learning , packed full of fun challenges and activities for children. Visit each room at home in turn and there are a range of accessible, relevant and experiential activities linked to literacy, maths, science, art, history and geography.	https://www.ascreativesconnect.com/family/
Daily broadcast based on weekly science themes such as machines, gardening and brilliant bodies with plenty of activities and short quiz.	https://www.youtube.com/user/maddiemoate
Enjoy story time with free online books and videos, play games, sing along to rhymes, test your knowledge in book-themed quizzes, learn how to draw some of your favourite book characters.	https://www.booktrust.org.uk/hometime

Thank you again; I hope you and your family remain safe.

Yours faithfully

Dr P Bell

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