

## Horsforth School

Lee Lane East Horsforth

Leeds LS18 5RF

Tel: 0113 226 5454

Fax: 0113 226 5401

Email: [info@horsforthschool.org](mailto:info@horsforthschool.org)

Website: [www.horsforthschool.org](http://www.horsforthschool.org)

Headteacher: Dr P Bell

Parent/Carer

Our ref: PCB

Date: 08/05/2020

Dear Parent/Carer,

I hope you are all safe and well.

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. The Secretary of State for Education will announce the plan going forward on Sunday so I hope to update you when we have further information.

Thank you again for all the feedback we have had regarding the live and recorded teaching. It's great to hear that staff efforts are being well received.

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

### **Parent Support for Anxiety and Stress**

We know that lockdown can be a very stressful experience and this is particularly so for parents/carers. Northpoint, who are the providers of therapeutic services for the Cluster whom we work with closely, have made the following website available for free for our parents/carers who may feel that they need emotional and mental health support at this time.

The support can be accessed via a website called Silvercloud. In order to access the support, parents/carers should go to <https://nhs.silvercloudhealth.com/signup/> and when prompted, enter their email address and use the access code 'north'. The site has been designed by clinical experts with the aim of empowering parents/carers to think and feel better. The website contains easy to use content and interactive tools. The online space is secure and anonymous. No identifying details are required apart from a contact e-mail address.

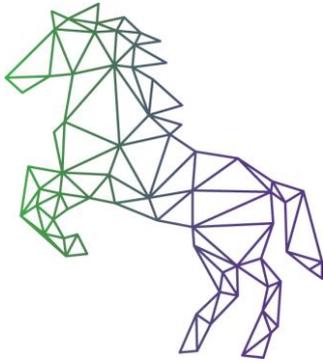
If you would like further information please contact Vicki Madeley on 0113 3367724 at Horsforth Children's Services.

### **Remote Learning**

We have been working hard as a staff planning, recording and delivering taught lessons to Year 10 and 12 students. We are looking to roll this out to other year groups in the coming weeks; please ensure that students are checking their emails and their Googleclassrooms.

We would like to flag up that the lessons for Lifeskills this week address mental health and wellbeing. You may wish to look at them together.

*'Opportunity and achievement for all'*



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### Remote Learning Year 12

Several parents of sixth form students have asked for some clarification of our expectations around how much work Year 12 students should be completing each week. The work that is being set by teachers in each subject area should require the students to spend around 10 hours per week per subject studying. This may include: discrete lessons (some of which will be recorded); continuations in project work; specific set activities such as past paper questions or essay planning, and more open-ended independent research tasks. Many thanks for your continued support with these matters.

Today, more than most, I am reminded how lucky we are. Whilst these are incredibly challenging times for us all, it's an inspiration to reflect on the past and what our Grandparents, Great Grandparents and forebears went through during the First and Second World War.

I hope you are all bearing up. Horsforth is such a wonderful community and we at the school are proud to serve you.

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

Yours faithfully

Dr P Bell