



Norton Canes High School
Safeguarding and Inclusion Newsletter 4
March 2020

*“A vigilant school is a safer school.”
“Stay Alert. Control the Virus. Save Lives.”*

I hope this newsletter find you and your family safe and healthy. You will have heard from the government and in the news that primary schools will reopen for identified year groups from June 1st. For secondary schools, the current intention is that no year groups will be asked to come in for “normal” timetabled lessons. However, there is to be time set aside for year ten and twelve students for face-to-face sessions with teachers. These sessions are extremely important in providing students a plan of action for students to prepare themselves for September.

We are currently finalising arrangements for how face-to-face sessions will take place and will update identified parents/carers accordingly. Please rest assured that we are following government guidelines with regards to health and safety. During this period, the school will continue to support students identified by the government as vulnerable and those whose parents/carers are critical workers. Can I remind parents/carers of students that are in receipt of a social worker or an EHCP that there is an expectation for your child to be in school. If you would now like to take up this offer, please contact Norton Canes High School on 01543 622600 and leave a message for Mr Stokes and I will contact you back.

For those parents who are not in year ten or twelve, we will continue to support your child by providing education remotely at home. This will be via the school’s website through One Drive, Hegarty Maths and Show My Homework. If your child is experiencing any difficulties they can email their subject teacher directly.

We appreciate that these times can be particularly stressful and can put strains on students and families. Can I remind everyone, that our school continues to be a source of support. If you have any concerns regarding student’s learning, free school meal vouchers or anything else, please contact school using the number above and a member of staff will return your call. Alternatively, email the school on office@nortoncanes-high.staffs.sch.uk.

Students Section

We appreciate that school is a beacon of support to many of you, especially to those who struggle with mental wellbeing. Can I please ask you to consider the following, during this period of extended school closure:

- 🧑‍🎓 It’s good to talk/share. Please don’t keep problems to yourself. If you don’t believe you can talk to someone at home, reach out to another member of your family, a trusted friend or your doctor.
- 🧑‍🎓 [‘Kooth’](#) link – A free, online mental health support tool for young people aged 11-18 (and up to 25 with SEND). This gives young people the opportunity to speak with a counsellor, give daily updates of their mental health and talk with other young people online!
- 🧑‍🎓 [‘Hub of Hope’](#) link – a directory of mental health online support tools for all – Simply type in your postcode and it will provide you with support information available near you.



- 🦋 “Childline” – If you have any concern you can contact Childline on 08001111 or access their website on <https://www.childline.org.uk/>
- 🦋 Isolation tips – it can be difficult staying in the house each and every day. Consider the following; 1) Stick to a routine, 2) Exercise daily, 3) Eat Healthy, 4) Start a hobby and set SMART targets, 5) Remember, what you are doing is for a reason. You are doing your part and should be proud!
- 🦋 Stay Alert. Control the Virus. Save Lives – please ensure you stay indoors. You should only be leaving the house if you are involved in daily exercise or for medical reasons. Please leave food shopping to parents/carers.

Parent's Section

During this time most parents may be finding it very difficult to work from home and home educate their children/young person and keep a sense of normality and sanity. This was highlighted in an article on the BBC website where a former Ofsted inspector commented his own home schooling for his sons was ‘atrocious’ and ‘requires improvement’. So, what can we do to ease the strain on everyone? Probably the most important is to keep some form of routine to the day:

- 🦋 *Try to start the morning with a dedicated learning activity, extended morning break, another dedicated learning activity with extended lunchtime break; then a short activity with an afternoon break.*
- 🦋 *The morning breaks where possible spent either away from the room they are working in and outside would be best. Some time spent outside over the lunchtime, if possible, would also break the time away from active learning.*
- 🦋 *It is very important to remember you are now supporting an ‘alternative curriculum’ for your child/children. You are not expected to do a full days schooling with a variety of subjects every hour. Active learning through a combination of subjects will help to ease the pressure and should not be just focusing on Maths and English. We have seen fantastic examples of supporting children’s education through gardening, PE sessions, cooking or baking, arts and crafts etc.*

The UK Safer Internet Centre has developed guidance on how to switch on family-friendly filters to prevent age-inappropriate content being accessed on devices in your home. The NSPCC provides more information for parents or carers with concerns about their child seeking inappropriate or explicit content online. ParentZone - Parents are overwhelmed – here’s how we can all help. Internet Matters - helping families adjust to a ‘new normal’ following the measures taken to stop the spread of coronavirus. They have created this dedicated space to provide expert advice, resources and tools to make the best use of tech.

Can I take this opportunity to thank you all for your continued support, especially those on the front line, who continue to support our NHS and essential services.

Kind regards,
Mr Stokes
Assistant Headteacher (inclusion)