



Waddesdon C of E School | Coronavirus Newsletter 6 – 20/04/2020

'It is in the shelter of each other that the people live.'

(Irish Proverb)

I hope that you and your family are well and that you have found interesting, creative and individual ways to manage the challenges that we are all facing at this time. We can't all raise millions by completing lengths of our gardens like Captain Tom, or by using our personal 3D printers to produce visors for NHS staff like 16 year old Theo Wride, but we can all continue to sustain one another in many small, but infinitely significant ways.

And each time we clap for the NHS, social workers or care workers, in a way we are acknowledging the truth of the Irish proverb quoted above.

In this edition of the Newsletter I've included an update on the exam information which we've received, as well as ways that Years 11 and 13 can use this time productively and effectively. Our link with Eton College provides them with a high quality skills development programme which I'd encourage all Year 11 and 13 students to get involved with.

In addition, there are the usual information updates on aspects such as Home Learning, e-safety and more resources to support mental health and well-being. I've also included a letter, sent to schools in the Easter break, from the Chief Constable of Thames Valley Police which you may wish to share with your son or daughter.

In school, we are maintaining our support for the children of Key Workers and will always respond, as quickly as we can, to any questions that you have.

Mr Abbott





Examination Update

The Secretary of State has confirmed that this year's **GCSE** students will get their results on **Thursday 20 August**, while those who are awaiting **A level** results will get theirs on **Thursday 13 August**. These dates are the same as those published at the start of this academic year. For more information on how GCSE and A levels will be impacted by the closure of education settings see the DfE's published guidance:

<https://www.gov.uk/government/publications/coronavirus-covid-19-cancellation-of-gcses-as-and-a-levels-in-2020/coronavirus-covid-19-cancellation-of-gcses-as-and-a-levels-in-2020>

The school is following the guidance set by Ofqual for the submission of grades.

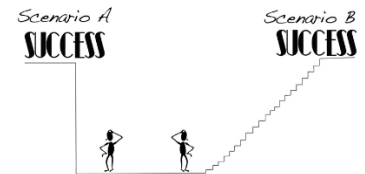
The Government is currently consulting schools and the Association of School and College Leaders (ASCL) on the impact on Year 10 and Year 12. Any confirmed information will be conveyed to parents as soon as it is known by the school.



Providing Support and Opportunities for Years 11 & 13

Passports to your Post-16 World and Preparing for Steps Beyond School

Over the next few weeks, Miss McIver will be sending all our Year 11 and 13 students a Post-16 and Post-18 pack. These have been designed to enable students to bridge the steps between where they are now and where they will be in the future, whether that be in Sixth Form, University or elsewhere. They have been designed to be flexible, inclusive and helpful.



Partnership Work with Eton College



18 months ago, we began working with Eton College. This has led to some productive sharing of resources, including being given access to their EtonX on-line programme. We are offering the two following courses for Years 11 and 13:

Year 13: Making an Impact - develop your ability to influence and increase your leadership capabilities

Year 11: Building Resilience - how to handle stress and bounce back from setbacks

To sign up for a course and get your log-in details, please contact Ms McIver via office@waddesdonschool.com



Update on planned Educational Visits

The most up-to-date DfE guidance states that schools are advised "against trips until further notice". It is highly unlikely that any planned visits before the summer will go ahead. As with other visits, we will contact parents directly to convey detailed information. In terms of visits planned for the Autumn Term and beyond, we will carefully review each visit on its own terms, any financial implications and appropriate advice. We will share this with parents as soon as we are able.



Home Learning

Your son or daughter's teachers will continue to post work on Show My Homework on the days that it would be taught in school. In addition, you will shortly receive an overview of the work and the assessment of it for the coming term.

In particular, our subject teams are liaising closely over the work that they are setting for Year 10 and 12. There is a planned and deliberate balance between introducing new knowledge and concepts, consolidating existing knowledge and providing assessment and feedback to gauge learning and progress.

After a holiday, it usually takes a couple of days for students to "switch back into" their learning – and this is in the normal course of events. Being aware of this might help reduce stress at home and lead to productive conversations about how to set up a routine for the coming term.

As mentioned in a previous newsletter, if your son or daughter is becoming overwhelmed with the work, we have suggested to some parents to encourage their child to spend no more than 3 to 4 hours daily on work. If they need to prioritise work, they should work on English, Maths and Science first. If they are unable to complete some work, they should message their teacher to explain their situation. If there are on-going difficulties, please do contact your child's Head of Year via the school office email.



Our subject specific websites can all be found in one handy place on the Covid-19 Update page on our website. Just visit <https://waddesdonschool.com/covid-19-update/>

The link below provides tailored information, advice and guidance to teenagers on different **careers and options** available to them: <https://careermag.co.uk/careermag-parents/>

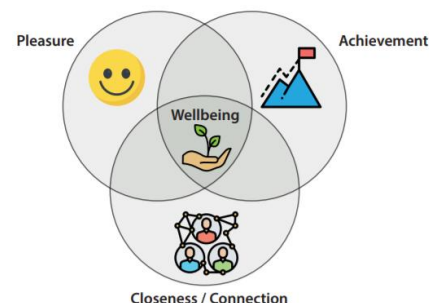


Support for Mental Health

A useful guide from Psychology Tools provides helpful and sensible advice about addressing anxiety and well-being:

"Our world is changing rapidly at the moment. Given some of the news coverage, it would be hard not to worry about what it all means for yourself, and for those you love.

Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. At Psychology Tools we have put together this free guide to help you to manage your worry and anxiety in these uncertain times.



Once you have read the information, feel free to try the exercises if you think they might be helpful to you. It's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you."

If you think this may benefit your child, or other people you know, we recommend clicking on the link below:

[https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide%20to%20living%20with%20worry%20and%20anxiety%20amidst%20global%20uncertainty%20en-us.pdf)

Kooth.com - online support for young people

We would like to remind you of the availability of an online service to support the wellbeing and resilience of young people.



Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit www.Kooth.com where young people can register and others can find out more about the service.

You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>.



Covid-19 adoption support fund scheme to help vulnerable families

Adoptive families are offered emergency support including online counselling and couples' therapy, as part of the Government's the Adoption Support Fund, to meet needs arising from the outbreak of coronavirus (COVID-19).

The Education Secretary announced on Friday, 10th April that up to £8 million will be available to pay for different types of therapeutic support for families whose adopted children may have already suffered trauma and be made more anxious owing to the uncertainty of the effects of the virus.

DfE enquiries

General enquiries - for members of the public 0370 000 2288

DfE coronavirus helpline - for members of the public 0800 046 8687



Coronavirus Update Message from the Chief Constable



Hello Everyone,

The National Police Chiefs' Council (NPCC) released figures of the total number of fines that have been given out by police forces across the country for breaches of the Coronavirus restrictions between 27 March and 13 April.

During this time Thames Valley Police has handed out 219 Fixed Penalty Notices.

This is an unprecedented public health emergency and an extraordinary national effort is needed to fight this virus.

Since the new measures were introduced we have had thousands of positive interactions with the public and the overwhelming majority of people have had either a legitimate purpose for being out, or have listened to the advice given by our officers.

However, on some occasions we have had to enforce the legislation. In the last three weeks we have fined a total of 219 people of the 2.3 million population in the Thames Valley.

Most of the fines we have issued have been to groups, inappropriately gathering together in public places, or driving together in a car, for example ten fines were given to one group alone.

We have also made a number of arrests which have led to people being jailed for breaching Coronavirus restrictions or coughing at officers or members of the public.

Some of these breaches have been identified by patrol officers but a significant number have been reported by the public. In particular this Easter Weekend, as with many Forces, we had a significant increase in these types of calls.

We will continue to engage with the public, explain the restrictions and encourage people to stay indoors. However, when necessary, we will take enforcement action if people are not listening to the advice and are putting others at risk.

The restrictions are in place to protect the public and protect the NHS.

The great majority of the public have been staying in and stopping the spread of the pandemic, and I want to thank them for their ongoing cooperation and support.

A handwritten signature in black ink that reads 'John Campbell'.

John Campbell, Chief Constable, Thames Valley Police



Additional resources to support parents and carers with online safety

#DITTO is a free online (e-safety) magazine in PDF format for schools, organisations and parents to keep them up to date with risks, issues, advice and guidance related to keeping children safe online, with a view to enjoying and learning about technology. A new edition is released approximately every 6 weeks. If you are a school you can host the magazine on your website as long as there is a link to acknowledge the source. To subscribe, go to <https://www.esafety-adviser.com/latest-newsletter/> for further details.



The BBC reports that TikTok, a social video app that allows users to share short videos, is introducing a family safety mode designed to give parents tighter control over how their children use the app. The safety feature will allow parents and carers to link their account to their child's and have direct control over the safety settings. Read the news story: <https://www.bbc.co.uk/news/technology-51561050>



Safeguarding contacts/ guidance

Mr Sturla is our Designated Safeguarding Lead, supported by Miss McIver and Mrs Branton as Additional Safeguarding Leads.

Don't ignore your concerns or delay taking action.

- If there is immediate risk of harm to a child, call the Police on 999
- You can call Buckinghamshire County Council's First Response Team on 01296 383962 (out of hours: 0800 999 7677). They will listen to your concerns and decide on the appropriate course of action.

You can contact the NSPCC on 0808 800 5000 (free service, lines open 24 hours a day). They will listen to your concerns, offer advice and support and can take action on your behalf if a child is in danger. You can also report concerns anonymously. For further information or to report your concerns online visit:

www.nspcc.org.uk/what-you-can-do/report-abuse/

Support for parents and carers to keep their children safe online

The following links will provide you further support at home:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers



Download our parents helpsheets
To support parents and carers in keeping their children safe online, we have created our new online helpsheets. These helpsheets are available in PDF format for parents of primary aged children.
Download our helpsheets for parents of primary aged children
Download our helpsheets for parents of secondary aged children



Creativity and Cooking Challenges

If you haven't checked out these two websites, then you're in for a feast for the senses...

<https://waddesdoncreatives.co.uk/#creatives>

<https://www.waddesdoncooks.co.uk/445471607>



'Hope is the thing with feathers that perches in the soul, that sings the song without words and never stops at all.'

Emily Dickinson



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