



Home Learning Newsletter



Dame Elizabeth
CADBURY

Easter Challenge Champions

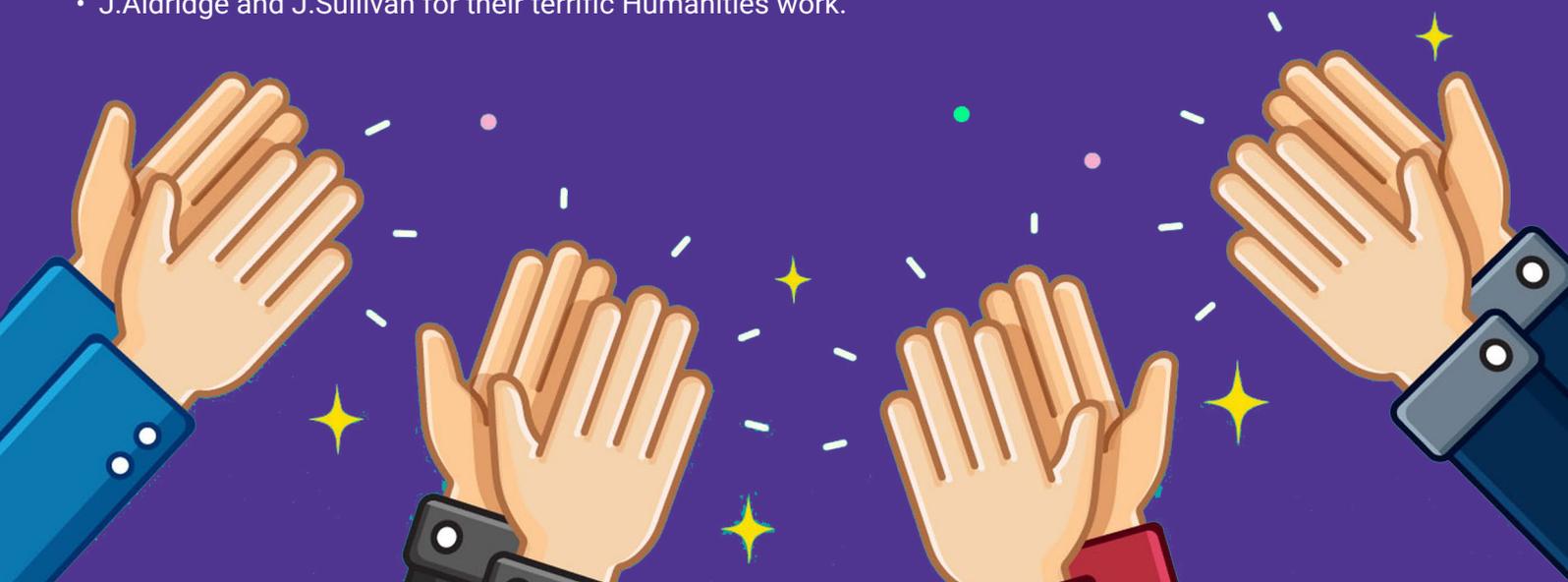
We hope everyone is safe and well, coping with the lockdown measures during what are uncharted waters for us all.

As we start the Summer Term, albeit very differently to usual, we would like to recognise the efforts and achievements of our pupils. The entries we have received from the Easter challenges have been of an incredibly high standard; some of the entries have simply astounded us! You can see some of the spectacular work on our Twitter page. Special praise and recognition to the following pupils:

- M.Park Year 9 for his incredible English work on Mary Shelley's Frankenstein, and also his fantastic French work Humanities, Science & Psychology entries. Incredible effort shown!
- Fantastic Science work submitted by J.Sullivan & J.Nines.
- C.Cuzick and then B.Anastasio for their fabulous Computing work.
- Z.Collins - For her thoughtful and well considered costume design for her Drama work.
- K.Hetherington & J.Aldridge for their excellent Maths entries - these two really stood out!
- Other budding Mathematicians who have wowed their teachers are: M.Delaney, B.Anastasio, J.Sullivan, N.Lee, J.Min, J.Thomas, M.Park, E.Brown, C.Cuzick, A.Alkhapit.
- N.Dalwy Year 9 Spanish and J.Lee Year 7 Spanish for their efforts and phenomenal achievements on Active Learn.
- We have had wonderful Art submissions from: Katie Hetherington Yr 7 and Jeongmin Lee Yr. 8 who both submitted sweet wrapper designs.
- C.Tolley Year 8 who created a cardboard laptop.
- S.Khurana who submitted some exceptional Surrealism artwork.
- J.Aldridge and J.Sullivan for their terrific Humanities work.



@followDECTC





As from Monday 20th April, a new collection of work was released for all year groups- this is available via the school website, further extension activities will be released on Monday 4th May.

Teachers have planned extensively and thoroughly to support independent learning for our pupils, but we understand that some things will be challenging without their teachers present to answer their questions. Do not worry. Reassure them to try their best; use the resources that you have and if they are really stuck, email the subject email address (available via website) and we will try our best to support you.

We know that working from home is tough now, so as long as your child is doing their best, we will all catch-up when we return to school.

Establishing a Routine at Home

- A routine can make things easier, makes us feel better and more able to cope with the tasks we need to complete.
- Try to get up at roughly the same time each day- plan your day, plan when you will work, when you will exercise/ relax/ enjoy the garden/ read/ learn something new/ watch TV.
- Try to have your meals at roughly the same time every day.
- Your routine does not have to be rigid, but we all feel better with a bit of structure.
- Make sure you give yourself a break from screen-time/ from social media.
- If possible - try to find somewhere quiet to work- even if this means taking it in turns with other people in your family.

Everybody's situation is different at home. So again, do not worry. Do the best you can.



Try to have a quiet space at home where you can concentrate.

If you do not have a desk, try a table/ breakfast bar.

Try to remove distractions as much as possible. This might mean, turning the TV off, switching your phone off/ turning off social media notifications.

You might need to explain to your family, that you need to be left alone for a while, so you can concentrate.

- Follow the instructions set out for you by your teachers; tackle your work step-by-step.
- Try to work for 30-45 minutes, then have a short break, before you start again.
- Maybe even try having a daily/ weekly to do list, so you can tick things off as you go, and feel a sense of achievement.



SUPPORTING YOUR CHILD, AND CHECKING THEIR UNDERSTANDING

Secondary level education is demanding, especially as pupils near their GCSE's. Simple steps you can take to support your child are:

Ask them to explain what they have learnt to you, in their own words. If they use terms you are unsure of, ask them to explain them. This will really help them to consolidate their understanding.

If they have been revising something- hold their notes for them, and ask them to talk to you about what they have learnt. If they forget/ hesitate- give them a short prompt. Talking from memory is a great way to test whether they are secure or not, in a low threat way. Also- you don't have to know all of the answers yourself- use the teacher resources to support.

If you all get stuck at some point - don't panic. Email the subject email address and ask for some guidance.

Teachers will often release model answers, so pupils can self-mark and improve their work, so don't worry if your child has completed something- but they are not sure if it is right. This may come in the next release of work.

Staying Safe Online

With us all in the house more than ever, it is likely that we are also at our screens more often- although sometimes great, remember that this does also pose a risk. Parents, make sure you know what your youngsters are looking at, who they are communicating with, and have rules and guidelines at home to ensure their safety. Additional advice and support can be found on our school website.

A new home learning telephone helpline - is now live to support parents and carers nationwide. StarLine is a new initiative providing support for parents and carers who have concerns or queries about educating their children at home.

StarLine will help parents and carers in the following ways:

- By providing access to a team of qualified teachers, education and parenting experts.
- By focussing on providing practical ideas, support and reassurance.
- By offering tips, techniques and resources to enable parents to give their children the support they need to continue learning while schools are closed.
- By supporting family wellbeing and mental health.
- By covering all phases of education and subjects plus behaviour, pupil wellbeing and SEND.



StarLine

Parent Helpline for Home Learning

0330 313 9162

Free, confidential advice is available six days a week by phoning the StarLine team on 0330 313 9162. For more information, visit www.starline.org.uk or follow @StarLineSupport on Twitter. The team behind StarLine will also be broadcasting a weekly programme on YouTube. In each episode of StarLive, a guest presenter will share practical ideas for home learning. Further details can be found on the StarLine website.

SUPPORT FOR PUPILS WITH SEND



There are specific websites recommended to support both parents and pupils of SEND and /or those with additional needs. The DfE have listed approved websites, highlighted in the link above. We understand some of the challenges that pupils may be facing at this time so please be reassured that we are doing our very best to support those who need it most when setting work to be completed at home.

If you do have concerns regarding a SEND issue, please do not hesitate to contact school.

We have also released a SEND Newsletter, which can be found on the school website.

There is a wealth of information on the school's website.

Please also follow us on Twitter: @followDECTC for the latest updates and information.

SUPPORTING HEALTH & WELL-BEING

All of us are finding our way through these uncertain times, therefore, it is important for us all to look after our mental health and well-being. Kooth has been introduced in Birmingham for children. Kooth is a free, safe and anonymous service to support young people's emotional and mental health in Birmingham. Because young people have suddenly had exams cancelled, transition arrangements thrown up in the air and are dealing with the impact of COVID-19 on their loved ones, this is important.

The new service was successfully launched on 14th April for young people from Year 6, aged 11 up to 25. The full offer, including online self-referral can be accessed at www.kooth.co.uk

If you are worried about your own, or your child's mental well-being it is always important to talk to someone and seek support. Support can be found via the following links, as well as via the DfE approved websites:

www.mentallyhealthyschools.org.uk

www.bps.org.uk/news-and-blogs

www.childrensociety.org.uk

<https://www.minded.org.uk>



Online Support

The following platforms were launched on Monday 20th April, providing support for parents as well as schools. Whilst they are not intended to replace the learning we do at school, exploring these sites will supplement the work set by your teachers well.

- **BBC Teach** - matched to the national and GCSE curriculums- live lessons, video clips, power points. Highly recommended. <https://www.bbc.co.uk/teach>
- **The Oak National Academy**- government launched virtual school- you may pick resources/subjects, or follow a daily schedule. <https://www.thenational.academy/online-classroom>
- **DfE Approved websites:** <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>
- **RE and PSHE resources** with a dyslexia font available for those who need it www.truetube.com
- Mainly primary based resources, but could be useful for younger pupils with SEND needs www.classroomsecrets.co.uk
- **Careers advice**- never too early to start thinking about your future: www.bbc.co.uk/bitesize/careers
- **Touch typing**- great for anyone, but particularly if you are eligible to use a laptop at school and in examinations www.typingclub.com
- **The British Dyslexia Association** is running free webinars providing support for pupils with Dyslexia www.bdadyslexia.org.uk/news.make-the-most-of-being-at-home-with-our-elearning
- **Futurelearn** has some excellent short online learning modules from Universities that are completely free. Great for our sixth formers <https://futurelearn.com/>
- **The Brilliant Club** has also launched free web based resources on a range of academic topics, study skills, and independent learning units: www.thebrilliantclub.org/the-brilliant-club-for-pupils/info-for-pupils

The **Local Authority** also provide advice and support through their **Local Offer**:

www.birmingham.gov.uk/localoffer

Additionally, other sources of support can be found here:

- **National Autistic Society** www.autism.org.uk Guidance & Helpline for parents, young people and staff
- **Mencap** www.mencap.org.uk Support for well-being and helpline information
- **Place2Be** www.place2be.org.uk Guide to helping parents answer questions and support family well-being
- **Young Minds** www.youngminds.org.uk Talking to your child about Coronavirus, advice about self-isolating and other resources
- **Carers UK** www.carersuk.org Guidance for Carers
- **Resources for Autism** www.resourcesforautism.org.uk Practical services for parents and children
- **Autism West Midlands** www.autismwestmidlands.org.uk/ Offer a range of support for families including groups for young people with ASC and support for parents and siblings.