



The Hollyfield School

Parent Booklet re: School Closure

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Message from The Headteacher & the Leadership Team

At this time of national crisis it is important that, as far as possible, we maintain routines. The remote learning which will be provided by The Hollyfield School is intended to do just that. Your child should have their timetable in front of them and, as far as possible, experience a school day at home.

In setting up this new approach to learning, I would like to thank everyone who has made this possible - it has indeed been a challenge but I am proud of our school's response.

It is important that expectations are realistic but remain ambitious; we want your son or daughter to continue learning and making progress whilst they are away from school. We also want to maintain good communication and share and celebrate success - so please let me know if there are academic achievements which we can share amongst our community. We will post regular updates on the school's website and Twitter page (@hf_phoenix) and will continue to publish a weekly bulletin, so that families, staff and students can stay connected. Staff from our Phoenix provision will also post on their new blog 'The Flaming Phoenix' in order to help members of our community to stay positive and practise social thinking.

We understand that many parents will be feeling overwhelmed and under pressure. Please see the message from below our school counsellor, with advice and guidance on how you can look after your own and your children's well-being in this difficult time. A good school leadership team doesn't just lead a school, it leads a community. We look forward to supporting you and delivering for you and your family during this time of significant change.

We also wish you all good health and ask that you stay safe.

Advice for Parents from our Counsellor

Dear Parents,

I just wanted to share some advice that might be helpful. As we all know, it's an uncertain time at present and this can stir up lots of anxiety and worries we are not used to. Things might feel chaotic and out of control. As parents, it is important to self-care and ensure you take time for yourself as well as support one another within your family.

Be willing to ask for help when you need it and to look creatively at your situation for solutions, for example, share care with other parents where possible.

If you are working from home

Communicate expectations of work to other family members to avoid upset and misunderstandings.

Set reasonable and achievable targets.

You may have to divide your time differently and be more flexible.

Supporting your child's learning at home.

Establish a routine early on.

For example:

8am Breakfast, get dressed, wash etc

9am School work

10.30am Break

11am School Work

12.30 Lunch

1.30 School Work

2.30 Break

3.30 Chores

School will supply information to help.

Be flexible, move things around to avoid confrontation.

Change the routine if it is not working, it will probably evolve with time to suit you and your family. Set achievable goals on what you want to achieve, working individually with your child at home is very different to school. Maybe include things like cooking lessons and IT skills.

Family Relationships

Having everyone at home together will be challenging at times. Walk away from arguments and confrontation. Create a rota for TV, the computer etc. if needed.

Everyone will need some time to themselves.

Factor in going outside for walks if possible. Being outside has been found to have a very positive impact on good mental health.

Have a regular movie night where everyone gets a turn to choose.

Play board and card games together.

If you are self-isolating keep in contact with people in other ways

Human contact and connection is really important. We can keep in contact with people by Facetime, Whatsapp, Skype, and those conversations and interactions can really help at this time.

Reframe

If you can reframe your thoughts into being positive, that can help. If it's possible try to think of this time as an opportunity to do new things. You might create a family project or devise some new family activities. It might be reading or listening to an audio book together, doing art projects, sharing chores, catching up on things around the house. Try to get into a positive mind frame. Remember this is for a set time period.

Think about access to media and social media

Be mindful of what your young people are accessing on line and ensure it is age appropriate.

Talk through what is happening as a family and encourage discussion of concerns and thoughts

Think about limiting how much time you spend on social media or reading, listening to or watching the news.

You may want to think about where you are getting your information from. Are the reports sensationalising the situation and scaremongering? Or do you feel they are reporting responsibly and with balance?

It's very normal to feel scared about something like this. Acknowledge that you feel this way. Don't ignore these feeling.

Exploring why you feel this way can help.

Do something you can control

It can help to express this anxiety in a way that you can control. As a family you could share writing things down or keeping a journal.

With anxiety, it's often like you're 10 steps ahead, so encourage each other to keep things in the present.

Offer reassurance and calmness to each other and your children.

Wellbeing check

Make sure you are looking after yourselves, doing what you can to help get a good night's sleep, eating well, doing exercise and having fun.

There are lots of exercise classes and choirs being set up online. Join one, get involved

If we manage our health like this, it can help make us more robust against anxiety.

Breathing techniques and mindfulness

These can be helpful in managing anxiety. They are good tools for dealing with nervous feelings. There are also some helpful apps like Headspace, Calm and SAM.

Information and Help

The below contains useful information on coping at this time.

https://mail.google.com/mail/u/0?ui=2&ik=5f34626cee&attid=0.1&permmsgid=msg-f:1661600351109736060&th=170f30b73e8f667c&view=att&disp=inline&realattid=f_k7yt436b0

Useful Websites

www.relate.org.uk

www.samaritans.org

www.mind.org.uk

www.youngminds.org.uk

Parent Helpline

0808 802 – 9.30am to 4pm

Liz Morrissey

School Counsellor

A letter to parents re: remote learning activities:

Dear parents,

We understand this is a very difficult time for everyone. We are working extremely hard to support you and your child during this period. **In order to ensure that students can access work from home, this will all be placed on our Google platform.** Students can log into this via the school home page or from Google directly.

Please refer to this set of video tutorials for help and guidance on Google classroom. This has been set up to guide students. This will be posted to them to access on Monday AM.
https://www.youtube.com/playlist?list=PLAAiOQr-gF0VCfr4_mZWenKft2Gr87thr

If your child does not remember their login, please contact our IT manager directly: nkhan@hollyfield.kingston.sch.uk. He can then email you the login details.

Parents will be able to **find the work set through our Classcharts app**. We have provided logins for all parents over the previous months and mailed out a reminder. If you do not have this by **Thursday 27th March**, please contact Mr Blakley directly: (iblakley@hollyfield.kingston.sch.uk). We will then provide this for you. Whilst you wait for the login, you can **access the homework planner** at <https://www.hollyfield.kingston.sch.uk/?page=classcharts>

We aim to provide learning content for your son/daughter in line with their regular timetable, therefore:

1. Work will be posted by departments/teachers on the days when your son/daughter has their regular lesson. This will be posted on Google Classroom for students to access.
2. The teacher/HOD will also post this in the homework section in Class Charts and create an announcement for students.
3. Tasks will be a balance of offline and online activities to manage screen time.
4. Tasks have been designed so that students can complete them relatively independently.
5. In some cases, students will be expected to submit work.
6. Marking will take place in line with school policy, and students will be given 'next step' feedback on key pieces of work.
7. Teachers are not expected to respond to comments left in Google Classroom by students, although they may choose to do so.
8. Email communication will only happen with parents. Students should not be emailing teachers directly.

Online Education Resources

Below, you will find a number of resources that your child may access:

All/Most subjects

GCSEPOD

www.gcsepod.com

All Year 10 and 11 students have access to this. Video podcasts and assessment for all of their GCSE courses

Google Classroom

Students to log in via their school email account

All students' classes are held in our virtual learning environment. Work is posted here, and students can also use this platform to submit completed work.

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A Level. Tons of free revision content. Paid access to higher level material.

Maths

Mathswatch

<https://vle.mathswatch.co.uk/vle/>

Maths work for all year groups

Music

Focus On Sound

<https://hollyfield.musicfirst.co.uk/app/>

Online music resource that is used from KS3-KS5. It contains all sorts of musical resources from instruments to theory. Lessons for GCSE and A-Level and lots of tests. All students have access.

Computing

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Computer programming - free to use.

Sololearn

<https://www.sololearn.com/>

Learning to code for free

W3schools

<https://www.w3schools.com/>

HTML Coding

Python.org

www.python.org

Python programming

Bite size

<https://www.bbc.co.uk/bitesize>

Lots of resources for KS3 and 4

Codecademy

<https://www.codecademy.com/>

Another coding website

Hour of code

<https://hourofcode.com/uk/learn>

Learn to code

Geography

KS3:

BBC Bitesize

<https://www.bbc.co.uk/bitesize/subjects/zrw76sg>

Various topics, resources and tests on most of our KS3 units including plenty of Geographical map skills

KS4

BBC Bitesize

<https://www.bbc.co.uk/bitesize/examspecs/zy3ptyc>

Various topics, resources and tests on our KS4 AQA units

Time for Geography

<https://timeforgeography.co.uk/>

Open access Geographical education videos

AQA GCSE Geography

<https://www.aqa.org.uk/subjects/geography/gcse/geography-8035>

The exam board website with past papers and mark schemes

SENECA Geography revision

<https://www.senecalearning.com/blog/gcse-geography-revision/>

Revision resources and quizzes

KS5

AQA A-Level Geography

<https://www.aqa.org.uk/subjects/geography/as-and-a-level/geography-7037>

Specification and past papers and mark schemes

Tutor2u

<https://www.tutor2u.net/geography>

Some revision resources

SENECA Geography revision

<https://www.senecalearning.com/blog/free-aqa-a-level-geography-revision/>

Revision resources and quizzes

GCSE Business Studies

Seneca

<https://app.senecalearning.com>

Useful site with resources and quiz at the end of each topic

BBC Bitesize

<https://www.bbc.co.uk/bitesize/examspecs/z98snbk>

Useful site for exam technique and other resources

Science

Kerboodle.com

[Kerboodle.com](https://www.kerboodle.com)

Science online textbook for KS3

Pearson Active Learn

[Activelearn](https://www.pearsonactivelearn.com)

Science online textbook for KS4

Other resources available

Collins Publishers

<https://collins.co.uk/pages/support-learning-at-home>

Free resources at all Key Stages

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

Paw Print Badges

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Big History Project

<https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>

Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>

Educational online games

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktnmpaxqZbk-gudD49I71ep8-sjXmrac>

Activities and quizzes

Twinkl

<https://www.twinkl.co.uk>

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

Audible

<https://stories.audible.com/>

Audible has just made an incredible range of stories completely free for students. You and your son/daughter will find literary classics, teen and tween fiction as well as folk and fairy tales.