



Term Dates 2019-2020

Autumn Term 2019

Monday 2 September -Friday 20 December Half Term Monday 28 October -Friday 1 November

Friday 1 November

Spring Term 2020

Monday 6 January -Friday 3 April Half Term Monday 17 February -Friday 21 February

Summer Term 2020

Monday 20 April -Monday 20 July *Half Term* Monday 25 May -Friday 29 May May Bank Holiday - Friday 8 May

Staff Training Days

Monday 2 September 2019 Wednesday 27 November 2019 Friday 6 December 2019 Friday 31 January 2020 Tuesday 23 June 2020 Monday 20 July 2020

Term Dates 2020-2021

Autumn Term 2020

Wednesday 2 September -Friday 18 December Half Term Monday 26 October -Friday 30 October

Spring Term 2021

Monday 4 January -Friday 26 March Half Term Monday 15 February -Friday 19 February

Summer Term 2021

Monday 12 April -Wednesday 21 July Half Term Monday 31 May -Friday 4 June May Bank Holiday - Monday 3 May

Staff Training Days

Wednesday 2 September 2020 Friday 27 November 2020 Monday 30 November 2020 Monday 4 January 2021 Monday 28 June 2021

Tuesday 12 May 2020

Essex Child and Family Well-being Service (ECFWS)

To support families during the COVID-19 pandemic and in recognition of the challenges to families due to school closure, the Essex Child and Family Wellbeing Service has created a brand new resource hub.

The COVID-19 Pandemic Resource Hub includes guidance and information on:

- Talking with children about COVID-19
- Emotional and physical wellbeing keeping positive
- Support for young people
- Home schooling
- Relationships at home
- Safeguarding yourself and others
- Dealing with a very young baby
- Home safety tips
- Families with children with SEND
- Financial welfare

Wildtime!

The Wilderness Foundation has launched Wildtime! activities to keep you and your family focussed, fit and entertained during the COVID-19 outbreak. The resources can be accessed here https://wildernessfoundation.org.uk/wildtime/

Digital Safety and Wellbeing Kit

With the help of leading privacy law firm Schillings, the Children's Commissioner have produced a digital safety and wellbeing kit for parents/carers and a safety guide for children to help ensure they are safe, and their wellbeing is looked after while at home during the COVID-19 outbreak, when their screen time maybe higher than usual. The kit can be accessed here https://www.childrenscommissioner.gov.uk/coronavirus/digital-safety-and-wellbeing-kit/#163961 20200414015459

School-Based Counsellor

Whilst school is closed, our school-based counsellor, Jo Morton-Brown is offering support to our Notley High School & Braintree Sixth Form students via YouTube. Each of her videos has a different focus in supporting you during lockdown. Her channel, which is growing across the globe, is called 'Flourish with Jo Morton-Brown' and can be found here: https://www.youtube.com/channel/UCUFB1XwKcbymllJCzyeo6eg

Inspirational Art Resources

Google Arts and Culture is a fantastic resource. You can go on virtual tours of galleries and museums all over the world: https://artsandculture.google.com/

Grayson's Art Club - Essex born artist Grayson Perry, lets us in to his studio to talk about his own artworks and the nation's art created during lockdown.

The next episode will be on Channel 4 at 8pm on Monday 18 May 2020.

Essex Child and Family Wellbeing Service (ECFWS)

Please find attached, edition 5 of the weekly bulletin produced by Essex Child and Family Wellbeing Service (ECFWS), an interactive resource aimed to support schools and families throughout the COVID-19 pandemic. Each bulletin contains activities to support the wellbeing of the school community in line with the PSHE curriculum, resources for information, relevant service updates and up to date contact information.

Colchester Institute

Colchester Institute has extended the deadline for admissions to 31 May 2020. Please visit https://www.colchester.ac.uk/ for more information.

Each of their course areas has produced 'Getting Ready for College' pages which applicants can use to help them prepare to study at Colchester Institute. Each course area has a different page, which contains useful activities, links, and videos that applicants can use/watch. Please be aware that use of these pages are optional but they would recommend that applicants have a look at them as it will help to give them a good grounding of some of the key topics that they will be studying once they enrol with Colchester Institute. Colchester Institute will be sending this link to all applicants who have been made an offer. Please follow this link which will take you to the pages: https://www.colchester.ac.uk/colchester-institute-information/

"Keeping In Touch" Emails

All students at Notley High School & Braintree Sixth Form (i.e. all Years 7-13) should have received an email from their tutor at one point this week.

It is really important that students reply to this email; we need to check that they are ok and accessing any support they might need during the school closure. If we do not hear from them, we will contact parents/carers to ensure that all is well.





Executive Headteacher and CEO of NEMAT: Rob James

12 May 2020

Dear Parents/Carers

Welcome to week 4 of the Summer term. We hope you and your family are well.

Following the latest government update of the route out of lockdown, we thought we would update you on the school's proposals for teaching and learning after half term. At the current time it appears that the majority of students will not return to school before the end of the Summer term. We appreciate these are challenging times, but we will endeavour to support you and the students as much as possible.

It will be important for us to maintain regular contact with the students for academic and pastoral reasons. We have introduced the weekly Student Bulletin, which contains lots of useful information as well as a House challenge, where students can win House points and even a £5 voucher. Please also encourage students to regularly check the website, Facebook or Twitter pages as well as Edulink for other relevant information and notices. We appreciate that this can appear like information overload but we are committed to maintaining good contact with all students so are using all the different possible ways. The key messages will always appear in the Student Bulletin and on Edulink.

After half term, we will introduce a modified weekly timetable with shorter lessons to be delivered in a variety of ways. The aim of this structure is to establish working patterns for students which will make the transition back into 'normal' school routine easier.

For **Year 10 students**, this will be done remotely via pre-recorded lessons with set tasks and the capacity for students to 'chat' to their teacher in real time. Further details will be sent to you next week.

The timetable will be based on 40-minute lessons and cover all subjects but on a reduced time allocation.

Maths, English & Science 3 x 40 minutes

Option subjects 2 x 40 minutes

Triple Science 3 x 40 minutes (in addition)

PDT & Careers 1 x 40 minutes

Physical Education 1 x 40 minutes

Year group assembly 1 x 15 minutes

This will be an ideal opportunity, not only for us to learn new skills but prepare the students for working in a new way, which will undoubtedly become much more common in the future, not only in school but the workplace.









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Staff will use Microsoft Teams for the delivery of lessons, but no other virtual platforms e.g. Zoom, Google Classroom will be used due to safeguarding protocols and the need for consistency for the students.

Year 9 students will be set work on a weekly basis, which will be distributed to students on Monday mornings via EduLink.

Initially the lessons will not be delivered by remote learning, as in Year 10. However, staff may deliver a pre-recorded lesson with a topic introduction and explanation of tasks.

The suggested timetable will be based on an expected time allocation for work to be completed and cover all subjects but on a reduced time allocation.

Maths, English & Science 2 hours per week per subject

Option subjects 2 hours per week per subject

Personal Development & Careers 1 hour

Physical Education 1 hour

Year group assembly 1 x 15 minutes

Students will only be expected to do work for the subjects they have chosen to follow in Year 10. You will be advised of your finalised option choice subjects by the end of this half term.

For **Year 7 and Year 8 students** the timetable will be based on an expected time allocation for work to be completed and cover all subjects but on a reduced time allocation.

Maths, English & Science 2 hours per week per subject

Geography, History, PER, MFL, Art & Technology 1 hour per week per subject

Music & Drama 1 hour every 2 weeks

RE/PSHE 1 hour per week

Physical Education 1 hour per week

Year group assembly 1 x 15 minutes

Most students are still following the government advice and staying at home. However, the school is providing supervision for students of key workers who need to access the school provision. If you need to access this provision please contact the school informing us of the specific dates, so suitable staffing can be arranged. Ideally, we would prefer to not have to open the schools during the May half term break, as this would normally be a period of

"Working together, achieving together"

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committed to





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closure with parents/carers making suitable arrangements. If you have no alternative supervision for your child/children, please contact the school to discuss possible arrangements.

If you have any suggestions on how we can support the students or engage them with school activities, please contact us.

During these challenging times, our aim, as always, is about 'working together, achieving together'.

If you need further support or information, please contact Dr Cusick, Head of School.

Yours faithfully

Mr R James

CEO/Executive Headteacher

Dr C Cusick Head of School







Weekly Schools Bulletin

A resource to support schools and families throughout the COVID-19 pandemic

Audience: Essex Schools

Author: Essex Child and Family Wellbeing Service

Issue: 5

Date: 4 May 2020

Your ECFWS Healthy Schools and Public Health Team are coordinating family friendly activities, advice and guidance for teachers and parents covering themes outlined within national guidance on Personal Social Health and Economic (PSHE) education. We will be sharing these in the coming weeks on our Facebook pages, which can be found via our website. These resources are easily adaptable at home, school or in 'virtual' classrooms. Teachers and parents are encouraged to visit our COVID-19 Pandemic Resource Hub for support and guidance during this time. We urge you to share this bulletin with your whole school community.

PSHE activities (Ideas to support emotional and physical health)

Title:	Sunscreen and Sun Safety
Content:	Sun safety is really important for all of us. The <u>NHS website</u> has some great tips and guidance on how to enjoy the sunshine whilst keeping you and your loved ones safe.

Title:	Online safety
Content:	Are you worried about the risks that your young family may be at when navigating the online world? Thinkuknow have some fantastic advice and resources to support you and your family to stay safe online.

Weekly Schools PSHE Challenge

Each week we will be setting schools a challenge linked to themes within your PSHE programme to support wellbeing. Each challenge will be delivered as a question we want your pupils to consider and answer using a range of different ways eg. Podcast, poster, artwork, story, comic strip, newspaper report, mind map or power point presentation by school pupils. Teachers, parents, siblings and friends may provide support with this; alternatively the challenge can be completed independently. We are encouraging you to share with us the work being done so we can celebrate the amazing things you are doing to support pupil wellbeing at this time.

Topic	Healthy/ Safe Relationships
Question	What is a good friend?
Activity	Find out about how to listen to friends, how to play and work cooperatively, good ways/strategies to solve disagreements and ways to offer support to friends.
Learning Objective	To learn about the importance of playing/working/communicating and supporting friends
Learning	To be able to describe or demonstrate things we can do to help us play, work,

Outcome	communicate effectively and support friends
Resources Primary	Teamwork Friendship
Resources	Supporting Friendships
Secondary	Friendship

Did you know...

The Children's Commissioner has launched local area profiles of child vulnerability. The <u>document</u> aims to provide a framework for which groups of children are likely to be at risk under lockdown.

The Anna Freud Centre has developed On My Mind which aims to empower young people to make informed choices about their mental health and wellbeing.

The PSHE association have launched new online home learning resources focussed on sharing information safely online.

Do you need support regarding a particular child or young person?

Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

Mid Essex Tel: 0300 247 0014
North Essex Tel: 0300 247 0015
South Essex Tel: 0300 247 0013
West Essex Tel: 0300 247 0122

CHAT Health: Our texting service remains active and is well-resourced with highly skilled School Nurses. Young people have the opportunity to contact us directly.

Mid Essex School Nursing Service	07520 615731
South Essex School Nursing Service	07520 615732
West Essex School Nursing Service	07520 615733
North East Essex School Nursing Service	07520 615734

Checkout our website and search engine for services local to schools and your communities:

www.essexfamilywellbeing.co.uk