

Dear Parents and Carers,

I would firstly like to thank you all for your support and patience during this National Lockdown. It has been fantastic to receive positive feedback from some of you about how you're getting on at home.

IT Support

As an academy we are aware that some of you may have experienced difficulties with setting up remote learning for your young people but hopefully your questions and queries have been answered and your child's home learning is now under way. I know there are currently still a small amount of unresolved issues but rest assured we are working hard to solve these as a matter of urgency. The contact details for any queries are detailed below.

Remote Learning Password Resets

Year 7 LHawes@ormistonpark.org.uk

Remote Learning IT Issues Support (Devices / Connectivity / Microsoft Teams etc)

OPARLSupport@ormistonpark.org.uk

Online Learning Expectations and tips

Our expectation is for all our students to attend their normal timetabled lessons which staff are teaching on Microsoft Teams. The lessons are 40 minutes long with the exception of core PE which is a 20 minute theory lesson followed by a 30 minute workout. Students are expected to be on time for lessons, have a pen and paper, and actively participate as they would in school. I appreciate that this is a very unusual situation but I am very pleased with the attendance and engagement of Year 7 so far.

Some top tips for online learning:

- Get yourself organised and into a routine (follow your timetable)
- Take regular screen breaks – this is very important
- Get up and move around during lesson breaks, you could even do a mini work out
- Stay hydrated and eat
- Ensure that you are in a quiet environment with limited distractions
- Actively participate – ask questions, join in as you would in school

Tutor time and Assemblies

I am very lucky to be supported by a fantastic team of Year 7 tutors, Mrs Padmore and Mrs Rowell, all of whom are working hard teaching lessons and supporting our students. Tutor time will now be held online every **Monday** and **Friday** at 8:45am – 9:00am, this is an integral part of our curriculum.

Students will have the opportunity to speak with their form tutors, ask any questions and share how their week has been. Every **Wednesday** at 08:45am – 9:00am I will deliver an assembly.

Free School Meals

For those of you who are in receipt of Free School Meal vouchers they will be sent to your email addresses via a company called Schoolvouchers.com. If your email addresses have changed please update the academy. Please contact DKelly@ormistonpark.org.uk for any queries.

Mental Health, Wellbeing and Exercise

During this third lockdown the importance of raising awareness about mental health, wellbeing and exercise could not be more important. It is recommended that we all exercise for at least 30 minutes a day. This could be jogging, cycling, a circuit, dancing, yoga. The choice is yours! You can do all 30 minutes at once or break it down into smaller chunks throughout the day. Remember to try and vary your activities.

Current Government guidance is “You should minimise time spent outside your home, but you can leave your home to exercise. This should be limited to once per day, and you should not travel outside your local area”

As a parent myself to a mischievous fun loving toddler I can relate to the challenges that a lockdown can bring. I would like to take this opportunity to share with you some ideas and activities that all the family could participate in that will benefit your physical and mental health.

- Scavenger hunt
- Nature walk – The Woodland Trust have a full list of activities on their website
- Bike ride/run/outdoor fitness activity
- Gardening – plant some vegetables ready for spring
- Treasure hunt
- Board games
- Baking/cooking – you could share family recipes
- Family Come Dine With Me
- Movie night
- Online virtual tours of museums/tourist attractions
- Get creative/make something/create something/build something
- Indoor balloon tennis
- Share family stories and history – you could start a family tree
- Learn a new skill together
- Participate as a family in the Wellbeing Through Sport Activity Program (please see our social media for the link)

Please remember that “it’s ok not to be ok” and talking about mental health is a positive thing. There is lots of support available for parents/carers and young people. Please also do not hesitate to get in contact with any member of the Year 7 Team or our Safeguarding team;

SGakungu@ormistonpark.org.uk or MWoodfield@ormistonpark.org.uk

Attached to this letter is a list of support services available during this difficult time and some off-screen activities that you could try.

Finally I would just like to thank you again for your continued support.

Take care and stay safe,

Yours Faithfully

Lauren Fenton-Hawes

Name of Agency	Website/Contact details	How they can help
Thurrock Covid-19 Child Wellbeing Support Line	Support Line Number: 01375 652537 or 01375 652558 <i>When you call, you will be asked to leave your name and contact number so the team can call you back. You can leave a message at any time but will receive a call back between 8am-6pm Monday to Friday</i> Support Line email: SWS@thurrock.gov.uk	Thurrock Council Educational Psychology and School Wellbeing Services have created a support line to support Children, Young People, their families and school staff during the ongoing outbreak of Coronavirus (COVID-19).
Thurrock Young Carers	Telephone : 020 85934422 Website: http://www.carerscentre.org.uk/ and http://www.youngcarerscentre.org.uk/	Support via 121 sessions, group activities & trips out/away, chat via social media or text, workshops, advice & information.
NSPCC	Help for adults concerned about a child Telephone: 0808 800 5000 Help for children and young people Call Childline: 0800 1111 Website: https://www.nspcc.org.uk/	They work directly with children and families in service centres across the UK. They collaborate with frontline professionals and researchers to find innovative solutions and evaluate what works.
St Luke Bereavement counselling	Telephone: 01268524973 Website: https://stlukeshospice.com/support-groups/	Provides support to children and young people up to 19 years who have a life limiting illness or a family member/friend with a life limiting illness. Lukes’ also provides support to children and young people who are experiencing a bereavement.
Health Team	Telephone: 0300 300 1526 Website: https://www.nelft.nhs.uk/services-thurrock-school-health	Offer health information, support, and advice to children, young people and their families who attend school in Thurrock. They aim to promote the physical, mental and emotional well-being of school aged children and young people (5-19 years)

		Seek to develop the skills they need to manage challenges they face in school, at home, in their personal lives or online.
Child Line	Telephone: 0800 1111 Website: https://www.childline.org.uk/	They are there to support you, with whatever's on your mind. Help you make decisions that are right for you. Offer tips and techniques, ideas and inspiration, to help you feel more in control. You can access them in your own time, at your own pace!
Kooth	www.kooth.com	Kooth is your online mental wellbeing community. Access free, safe and anonymous support
Young Minds	Speak to our experts at the Parents Helpline – call 0808 802 5544 Young person looking for help and support Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258 https://youngminds.org.uk/find-help/your-guide-to-support/need-to-talk/	“We’re leading the fight for a future where all young minds are supported and empowered, whatever the challenges” Information on mental health issues and where to get support
Mental Health Foundation	https://www.mentalhealth.org.uk/your-mental-health/getting-help	Information and publications about mental health issues and where to get support

Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

