

Dear Parents/Carers

I would like to start by saying huge thank you for the very kind emails we have received regarding the remote learning Elizabethan staff are delivering and the quality of pastoral support your son/daughter is receiving. This has been shared with staff and it makes such a difference for them to know that their hard work is really appreciated. The attendance of students in live lessons and engagement is extremely high at the moment. We are not however complacent. We know we are on the honeymoon period with students engaging in their remote learning and are currently training staff on a variety of ways to ensure we maintain variety, increased interaction and "fun" in lessons. We are also investigating methods of assessing students remotely and more information on this is outlined below. We could not be operating like this without your support of the academy and your son/daughter. I know this must be difficult when many of you are juggling other responsibilities and working from home, but it really does help.

We are now completing weekly Covid tests for staff and students who are in school. We have approximately 70 students in school, which ensures we can maintain social distancing safely. So far, we have had only one positive case and the event of weekly testing does make it feel as though we are moving forward.

We have included below some top tips on how to help your child with remote learning. If you are struggling at all or have any concerns about your son/daughter's engagement in lessons or perhaps their mental health and wellbeing, please let us know we have included the relevant emails below. Additionally, please make us aware of any technology issues which could be a barrier to learning so that we can try and resolve them as soon as possible.

Very best wishes to you all during this difficult. I wish you and your families all the very best.

Stay safe

Mrs C Horrocks
Principal

Assessment

Year 11 and 13

We are proposing to run an assessment update for all Year 11 and 13 students and parents next Wednesday 27th January at 6.00pm via Microsoft teams. At this meeting, we will give an update on the Ofqual consultation, and how we are preparing to implement the finalised proposals. A link to this event will be shared with you early next week.

If you would like to look at the DfE consultation in advance of the meeting please follow the link below. The consultation will be open for two weeks from Friday 15th January and ending on Friday 29th January. Following this the official guidance will be released.

<https://ofqual.blog.gov.uk/2021/01/15/how-2021-could-look-for-students-and-learners-we-want-your-views/>

Assessment Calendar

Due to the national lockdown, we have had to change our standard assessment procedures as well as adjusting the assessment calendar.

Please find below the new assessment calendar for this term. We have re-written the whole year's academic calendar but at present are waiting for the outcome of the Ofqual consultation before we share this widely with parents (as you will appreciate, we need to ensure that we give Year 11 and 13 the time to complete any assessments that are required as a result of this consultation).

The assessment calendar below identifies key dates for formal assessments – these are the assessments that are used in conjunction with day to day low stakes assessments that are completed in lessons. We have also included, for your ease of reference, any Parents' Evenings and other events.

We will be sharing an assessment bulletin with all parents that outlines in greater detail how the assessments will be completed remotely.

Date	Calendar Items	Parental Events
25 th Jan	Y12 Assessment week	
1 st Feb	Y9 Assessment week	4 th Feb – Y8 parents evening
8 th Feb	Y9 Assessment week	
15 th Feb	February Half Term	
22 nd Feb	Y11/13 Assessment week	25 th Feb – Options Evening AP2 Y12 – released to parents this week
1 st Mar	Y11/13 Assessment week	
8 th Mar		AP1 Y9 – released to parents this week
15 th Mar	6 th Form taster sessions (virtual)	
22 nd Mar	Y10 Assessment week	AP2 Y11 – released to parents this week AP2 Y13 – released to parents this week 25 th March – Y11 Parents' Evening
29 th Mar	Y10 Assessment week	w/c 31 st Mar – Y8 Options appointments with SLT 1 st April - Y12 and Y13 Parents' Evening
1 st Apr	Easter Break	

Safeguarding

We are monitoring and supporting students without technology or if technology is failing as they can't access our live lessons consistently. We are using a range of strategies to ensure they don't fall behind with their learning, so if you are in this situation and we are not aware, please contact your child's Head of House as a matter of urgency.

Similarly, if your child is not engaging in remote learning please contact Head of House in the first instance via their email address below:

Burghley ciardullif@elizabethan.notts.sch.uk
 Galileo masonn@elizabethn.notts.sch.uk
 Hardwick fouldsa@elizabethan.notts.sch.uk
 Shakespeare glaisters@elizabethan.notts.sch.uk

Online Safety ... live session on Teams next week

PC Bev Jeffree will be delivering a session around online safety and the risks parent/carers need to be aware of when monitoring their children's online activity. It will be on Wednesday 27th January at 5pm and a link to the session will be sent out next week.

Focus on Domestic Abuse ... what it is and why it matters

Domestic abuse is violent, controlling, coercive or threatening behaviour between people aged 16 or over who are or have been intimate partners or family members. It can happen to **anyone**.

Existing cases of domestic abuse have got worse during lockdown and factors like economic and relationship stress may continue to exacerbate it over the coming months.

Witnessing domestic abuse is child abuse, and older pupils can also be victims of domestic abuse in their own relationships. These experiences can seriously affect children's physical and mental wellbeing, including into adulthood, so we have a responsibility to share concerns.

Intervening early helps to stop abuse getting worse and prevent children experiencing significant harm, so it's important to be alert to signs.

Domestic abuse can take different forms ...

- o **Physical:** for example, hitting, punching, pushing, biting, burning or choking.
- o **Psychological/emotional:** for example, putting a person down, controlling them with threats and intimidation, blaming them for the abuse or denying it.
- o **Sexual:** any form of sexual activity that takes place without the other person's full consent (e.g. physical contact, withholding contraception, or pressuring into sexual activities).
- o **Financial:** controlling the partner's ability to earn and use their own money and resources (e.g. stopping them going to work, spending or taking their money).

Signs of witnessing domestic abuse ...

- o Being aggressive or bullying others, or having tantrums
- o Anti-social behaviour, like vandalism
- o Having anxiety, depression, or suicidal thoughts
- o Being attention seeking
- o Having nightmares or insomnia
- o Being constantly or regularly ill, like having colds, headaches or mouth ulcers
- o Misusing drugs or alcohol
- o Eating disorders
- o Having problems in school or trouble learning
- o Becoming withdrawn

Signs of being a victim of domestic abuse ...

- o Having physical injuries
- o Being stressed, anxious or depressed
- o Being absent from school
- o Personality changes, like being jumpy or nervous
- o Low self-esteem and self-blame
- o Using alcohol or drug
- o Not having money
- o Damage to their belongings

National Domestic Abuse Helpline (freephone, 24/7): 0808 2000 247, nationaldahelpine.org.uk

Men's Advice Line (freephone): 0808 8010 327, mensadvice.org.uk

Galop (freephone, LGBT+): 0800 999 5428, galop.org.uk/domesticabuse

If you have any concerns or need any support around safeguarding and wellbeing matters contact safeguarding@elizabethan.notts.sch.uk

Nottinghamshire Mental health Helpline

Have you been struggling with the stress of the Coronavirus pandemic? Do you sometimes feel overwhelmed by your emotions? The Nottinghamshire Mental Health Helpline is here for you. You talk, they listen and they help.

The helpline offers support for people who need emotional support or information about their mental health, providing personalised advice and signposting to other organisations for long-term support.

Their website has free online resources available immediately. The 'Find Out More' guides provide you with the latest information and advice about a wide range of health and wellbeing topics. 'Bitesize' provide the three most important psychological strategies, you can work through a session in a matter of minutes and apply techniques straightaway.

The helpline number is 0300 555 0730 and is open from 9am until 11pm, seven days a week. For more information and mental health resources visit <https://www.turning-point.co.uk/nottingham-helpline>.

SEND

We are currently supporting our SEND students in a variety of ways, including breakout rooms in some lessons, where one of the Learning Support staff provides overlearning or pre-learning opportunities; 1:1 telephone calls and online meetings as well as support for those students that are currently attending school. Alongside this it is a real privilege to see you working and supporting your children with their learning at home, to ensure that they are doing the best that they can.

For those young people who struggle with sensory overload, or have difficulties concentrating for a significant period of time there are some ideas for sensory circuits to complete at home which require minimal equipment:

Alerting

- Skipping
- Jogging on the spot
- Jumping or step-ups

Organising

- Walk along a straight line without wobbling off it, eyes fixed on a spot ahead to help balance.
- Pass a ball/bean bag round leg, behind back.
- Log rolls (laid out fully), hands clasped & arms stretched out above head.
- Infinity Walk: walk round two chairs, in and out in a figure of eight. Repeat with eyes closed.
- Stand inside a hula hoop that is on the ground. Spin, without going outside the hoop. Stop, stand still. Press hands down on head.
- Crab walk.
- Bend a skipping rope/string into different shapes. Walk along it. Jump over it from side to side.
- Make scoops from plastic bottles & use to catch bean bags/a ball.
- Obstacle courses: Go over and under a chair. Climb over a chair, through a hoop, then roll on a mat or the floor.
- Commando crawling.

Calming

- Press-ups on a wall: Count to 10. Repeat three times.
- Press-ups on a wall: Upside down. Walk up the wall, put feet flat on the wall and count to 10 before walking down the wall. Repeat three times.
- Half press-ups from the floor: Push up from knees not from the feet.
- Chair sit-ups: Place hands on seat of chair by thighs and lift bottom off seat of chair by straightening arms. (Parent/carer says, "Push"). Then relax for a few seconds. (Parent/carer says, "Relax"). Repeat three to five times.
- Wheelbarrow walk.

For our young people with dyslexia or visual processing issues, time on the screen can exacerbate their problems. There is a free piece of software that allows for the colour of the screen to be changed to the colour that is best suited to their visual and processing needs. The piece of software is <https://www.aurelitec.com/colorveil/windows/>. Unfortunately the students that have school laptops will not be able to download this. However, please email mounseyv@elizabethan.notts.sch.uk and Mrs Mounsey will do her utmost to look if there is a different way that we can support.

Remote Learning

Parent Survey (January 2021)

Thank you to all parents that have found the time to feedback on remote learning via our parent survey. If you have not yet done so following the parent email dated 12 January, we would greatly appreciate feedback on our current provision. If you could spare five minutes to complete the survey below it will help us to continue to improve what we do. Please access the survey and click submit once to send us your responses.

<https://forms.office.com/Pages/ResponsePage.aspx?id=XFtqPtCtpk-2U5ftHI52sb91-axhprFKnbtr3fMyeI5URUw0VINROFIDOVU2RUkyMUc3RzJTTVBJQS4u>

Increasing data allowances on mobile devices to support disadvantaged children

Schools can now request help to increase mobile data allowances for children and young people who:

- do not have fixed broadband at home
- cannot afford additional data for their devices

- are experiencing disruption to their face-to-face education

Schools can also make requests for children who cannot attend school face-to-face because they are clinically extremely vulnerable, or restrictions prevent them from going to school.

If increasing mobile data isn't a suitable option for some children, schools can also request 4G wireless routers.

If you feel you would benefit from the government offer, please email Ms Withall withalls@elizabethan.notts.sch.uk

Xbox Connection

If you don't have a desktop/laptop available at home or have a number of children and only one computer, an alternative way to connect to Teams is by using an Xbox:

Using an Xbox to access The Elizabethan Academy Portal

This is an alternative method of accessing remote learning tools during times of lockdown rather than using a laptop, iPad or Smartphone.

1. Plug a keyboard in to the Xbox USB slot.
2. Go into my games and apps.
3. Find Microsoft Edge and select.
4. Visit The Elizabethan Website, click on quick links - Portal login and enter your username and password into RM Unify.
5. You can then access your email, OneDrive and Teams.
6. To move around you use the Xbox control.

BBC Programmes

From Monday 11th January, curriculum-based TV programmes will run alongside the BBC Bitesize educational resources online.

On TV, there will be three hours of primary school programming on CBBC, and two hours for secondary pupils on BBC Two.

Online - learning resources for children of all ages can be found on the [BBC Bitesize website](#).

TV - programming for primary school pupils will be on CBBC between 09:00am and 12.00noon every weekday. Programmes for secondary school pupils will be on BBC Two, between 13:00pm and 15:00pm.

Supporting your child and yourself during the lockdown

The YoungMinds website has some excellent tips on how to support your child's mental health and wellbeing through the current lockdown. As well as this, you can find specific guidance by answering six quick questions using their Parent Helpfinder. The information can be accessed [here](#).

Health and Wellbeing Top Tips:

1. In between lessons try to walk, stretch, play with the dog/cat, talk to others in the house about what students have learnt. This will give them a break from the screen time.
2. Walk the daily mile at lunch.
3. Try completing 10 minutes of yoga before period 1 and after period 5.

Up for a challenge: Let's kick off 2021 with a positive start! Starting from next week, try running/walking for 21 minutes every day for 21 days and record how far you have run/walked in km! The challenge is to see if you can increase your distance in km from the beginning to the end! This can be done in your lunch break... Keep Miss Riley up to date on how you are doing!

Year 8 Options

We are in the process of finalising the Year 8 into Year 9 option blocks and will be sharing this information with you soon, along with details of how the options process will work this year (which we are currently assuming will need to be undertaken remotely this year).

Sixth Form Applications - NOW OPEN!

The Sixth Form Application process for September 2021 is now open and live on the website. Please visit the Sixth Form section of the website [here](#) for more details of courses, information and how to apply. If you have further questions regarding the application process, please email Mr Dainty, Assistant Principal on dainty1@elizabethan.notts.sch.uk.

We look forward to your application.

Year 11 and Year 13 Careers Interviews

Mrs Shemilt is continuing to conduct Careers Interviews on Teams for Year 11 and Year 13 students who need support and guidance with their pathways next year. Please email Mrs Shemilt shemilts@elizabethan.notts.sch.uk if your child would benefit from an interview.

Brilliant Schools

The Brilliant Schools Team will be hosting a second parents' Zoom session on the 8th February at 6.30pm. This is a 40mins session called 'A Resilience Route map; helping kids rise to the challenge'. It is open to all parents of children at the Academy. The log in details will follow by email nearer the date.

Reading

It is really important that students continue to read regularly (ideally at least 20 minutes a day). This can be in the traditional DEAR time slot or whenever fits best into your routines. If students have novels to read, fantastic, but there is also great value in reading non-fiction texts such as autobiographies and reference books. Newspaper articles are a great place to start for reluctant readers and can make for great family discussions too. Reading can help with our mental health and well-being: reading for just six minutes has been shown to reduce stress levels by 68%.

Lots of websites offer free online texts for students to read.

One example is Many Books: https://manybooks.net/search-book?field_genre%5B14%5D=14

Students can also access free audio books: http://www.loyalbooks.com/genre/Teen_Young_adult

Some of our top recommendations from these websites are:

- The Secret Garden, Frances Hodgson Burnett
- Treasure Island, Robert Louis Stevenson
- Little Women, Lousia May Alcott
- Frankenstein, Mary Shelley
- The Turn of the Screw, Henry James
- Bleak House, Charles Dickens

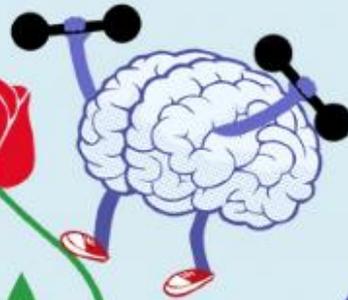
Read for Good have come up with a list of links, ideas and activities that can help with accessing free books, audio books and free resources online. They even have a link to Stephen Fry reading Harry Potter and the Philosopher's Stone and Chris Hemsworth and Meryl Streep reading James and the Giant Peach!

Follow the link and see the many opportunities available: <https://readforgood.org/reading-inspiration/>

THE BENEFITS OF READING BOOKS

„A book is like a garden carried in the pocket.”
(Chinese Proverb)

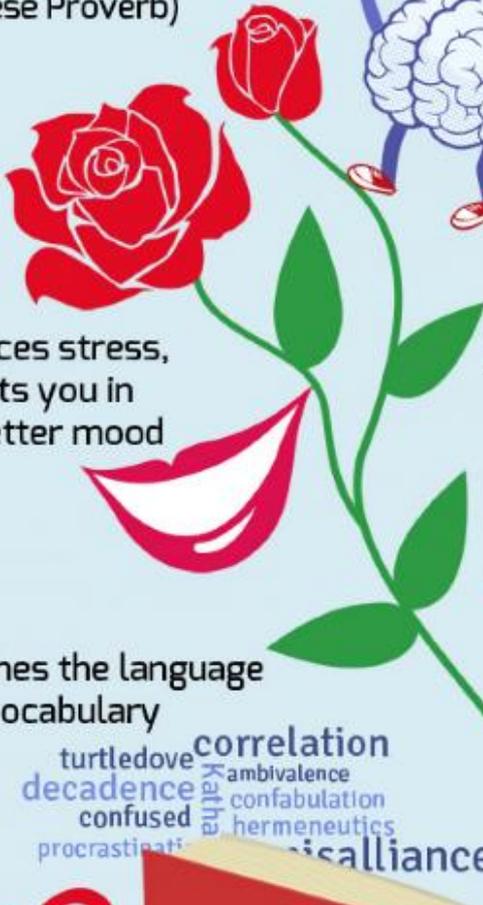
exercises your brain



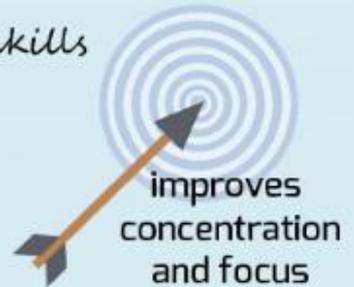
i provides knowledge and information

books are a good topic of conversation

reduces stress, puts you in a better mood



better writing skills



great and free entertainment

enriches the language and vocabulary



develops creativity



books pose questions to stimulate further reflection



books are a window to the world



increases your ability to empathize with others

introduces to the unknown fantasy world