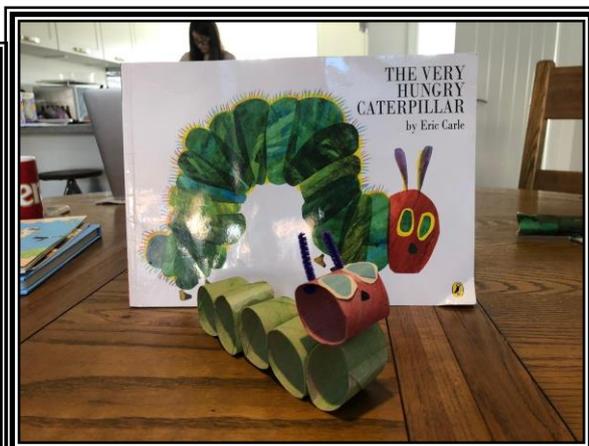


## William Penn Newsletter April 24<sup>th</sup> 2020

We are glad that you enjoyed seeing some of the things that the staff are doing whilst not in school or doing their school work. They are certainly using their 'Growth Mindset'. This week Mrs Enticknap has been using her crafting skills.

During lockdown Mrs Enticknap has been keeping busy by doing lots of arts and crafts out of junk. We have enjoyed making different book characters and retelling stories.



### Online Learning – Oak Academy and BBC Bitesize

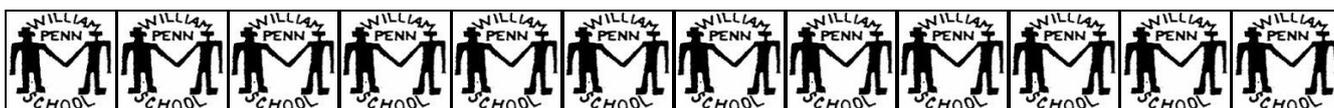
You may have seen in the press that the government has published details about online learning resources for schools published by Oak Academy and BBC Bitesize. The teachers are still discussing ways that these might be incorporated in to the online learning for our William Penn pupils. In the meantime, please read below the information from the providers about these resources so that you are familiar with them.

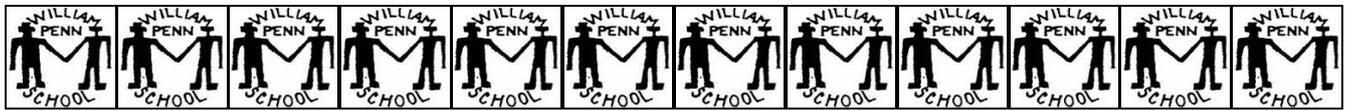


*[Bitesize Daily](#) has been developed by the BBC to provide new lessons every weekday for pupils in Year 1 to Year 10. Created in collaboration with teachers and educational experts, videos and interactive activities cover core subjects and other topics on the school curriculum. Content is available for free on television, online and through BBC iPlayer.*

**Oak National Academy is a new collection of high-quality lessons and online resources. Backed by the Government, it has been created in response to the coronavirus lockdown.**

*Our online classroom offers free access to great teachers, delivering video lessons, quizzes and worksheets. Available for both primary and secondary levels, it covers a range of subjects. All of the lessons are ordered so your child can learn along a clear plan. We'll provide new lessons and resources each week.*





Follow your school's advice. They may have their own plans already in place. They'll be free to suggest if and how this online classroom is used, perhaps alongside any existing work.

Oak National Academy will fit alongside other resources such as BBC Bitesize to offer a structure for the day for children until schools fully reopen.

Oak National Academy was built at speed; at present our resources are for pupils who usually access their schools' curriculum in mainstream education, from reception through to year 10, without significant support or adaptation. We're currently working on providing support for teachers working with pupils with additional needs, and teachers based in specialist settings. Next week we hope to launch materials for pupils not able to access all aspects of our current offer.

#### **How it works**

Schools are free to decide how their pupils make use of these lessons and resources, to fit in with current lesson plans and complement existing work.

Each Oak National Academy lesson will be an hour long, with elements such as a quiz, a video explanation from the teacher and a worksheet.

Each lesson has been created by a subject expert in a careful plan. Teachers will let pupils know how they can best use these resources. There are two options:

- Either, teachers and pupils can use all the lessons and resources in their entirety, following along the set plan of content for each subject. Click the Schedule button when inside the online classroom to follow along like this.
- Alternatively, teachers can choose individual bits of content or lessons that work best for them and their pupils. This can be in as many or as few subjects as needed. Teachers will let their pupils know which lessons to do, and when. Click the Subject button when inside the online classroom to access these options.

In either case, teachers will let pupils and parents know which option to select in the online classroom.

If you have more questions, [please visit our FAQs](#).

## **Supporting Your Child's Wellbeing**

During this difficult time you might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

For pupils ages 3-6 years:

- Regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting
- Showing greater fear at being separated from you
- Tantrums
- Trouble sleeping

For pupils ages 7-11 years:

- Expressing sadness, anger or fear
- Sharing false information that they're hearing from their peers or seeing online
- Wanting to talk about coronavirus all the time
- Not wanting to talk about the current situation at all
- Having trouble concentrating
- Acting out – this might include things like picking fights with you or with siblings
- Becoming afraid to leave the house
- Distancing themselves from their friends and family
- Exhibiting intense emotions but being unable to talk about what they're feeling

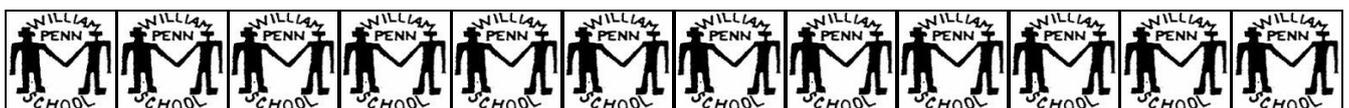
In addition to previous guidance please read the information below which is designed to help you support your child. We hope you find this information a helpful addition or useful reminder of previous guidance.

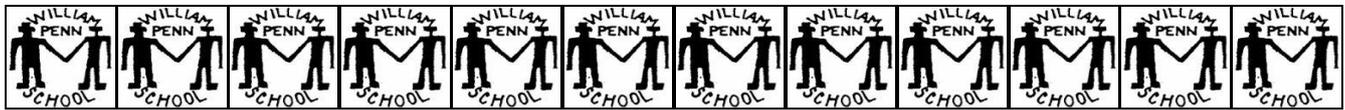
### **Take Care of Yourself**

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy:

- **Connect with others** – maintain relationships with people you care about through phone and video calls
- **Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water





- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- **Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children
- **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- **Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list below.

### How to Talk to your Child about what is Happening

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening.

For younger children

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing. Deal with the news head-on and talk about it openly and calmly, giving them the facts.

- Give them age-appropriate information – take a look at:
  - [BBC Newsround hub](#) – regularly updated with information and advice
  - [#covibook](#) – for under 7s
  - [Children's guide to coronavirus](#) – a download from the Children's Commissioner to help explain the situation to children
- Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
- Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful

### Encourage Questions

- This will give them the confidence to reach out, if they have anything to ask
- Be reassuring but honest when answering questions – it's ok if you don't have all the answers
- Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance

### Be a Role Model

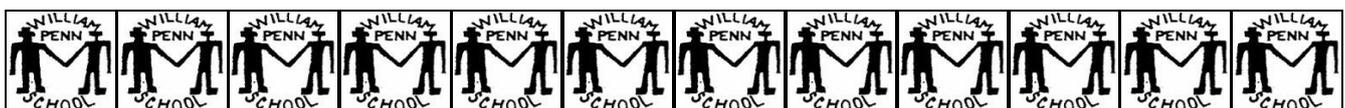
- Recognise and manage your own worries first
- Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm

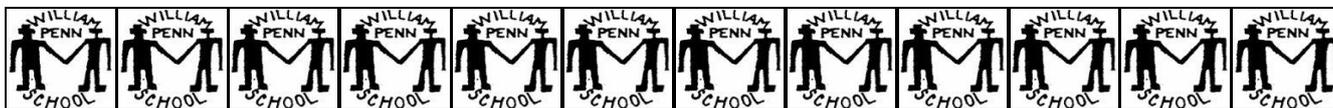
### Explain how our Body's Immune System Protects Us

- It's constantly working against germs without us knowing. We can't and don't need to control this process
- Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
- Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
- If it helps, reassure them that the effects of this virus on healthy young people are very mild

### Keep Doing your Bit to Help Children Reduce the Spread of Germs

- Remind them to maintain good hygiene like bathing daily and wearing fresh clothes





- Encourage them to sing 'happy birthday' twice when they're washing their hands

### How to make Home Learning Work for your Family

Be realistic about what pupils will be able to do during this period. You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

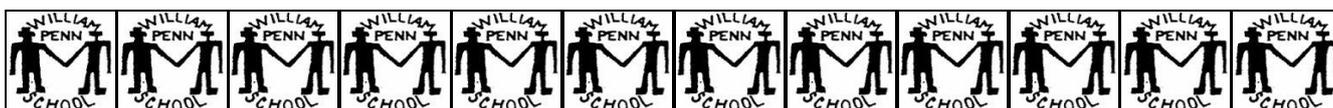
The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

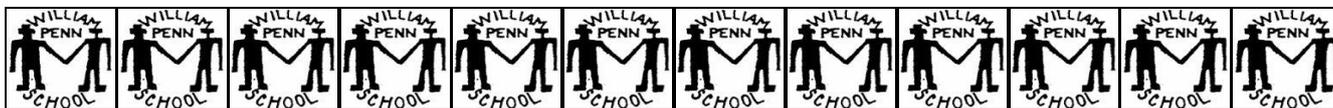
- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too
- **Distinguish between weekdays and weekends**, to separate school life and home life
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits

### Where to find Learning Resources Online

There's plenty of support for parents online for everything from tools for home learning to PE:

ORGANISATION	CONTACT INFORMATION
<b>BBC Bitesize</b> Online resource for learning and revision. Starting on 20 April, you'll also find daily lessons to support home learning	Website: <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
<b>GoNoodle</b> Movement and mindfulness videos for primary children	Website: <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
<b>STEM.org.uk</b> Free home learning resources for all ages in science, technology, engineering and maths	Website: <a href="https://www.stem.org.uk/home-learning">https://www.stem.org.uk/home-learning</a>
<b>Twinkl</b> This popular site for teachers is now offering free daily activities for home learning	Website: <a href="https://www.twinkl.co.uk/home-learning-hub">https://www.twinkl.co.uk/home-learning-hub</a>
<b>English National Ballet</b> Free ballet classes streamed daily	Website: <a href="https://www.youtube.com/user/enballet">https://www.youtube.com/user/enballet</a>





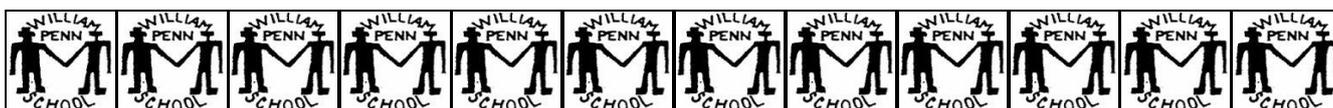
## Safeguarding Update - Where to Turn to for Help

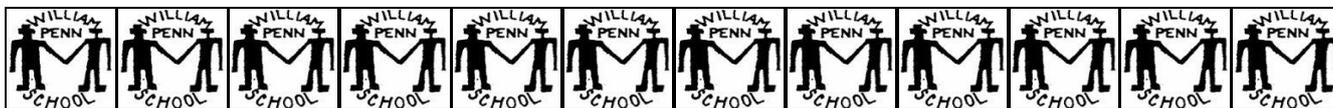
ORGANISATION (FOR CHILDREN)	CONTACT INFORMATION
<b>Shout</b> Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a <a href="#">trained crisis volunteer</a> who'll provide active listening and collaborative problem-solving
<b>The Mix</b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	Call 0808 808 4994 for free (11am to 11pm daily) Access the <a href="#">online community</a> Email <a href="#">The Mix</a>
<b>ChildLine</b> Confidential telephone counselling service for any child with a problem	Call 0800 1111 any time for free Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily) Check out the <a href="#">message boards</a>

### Mental Health

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

ORGANISATION	CONTACT INFORMATION
<b>Mental Health Foundation</b> Provides information and support for anyone with mental health problems or learning disabilities	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Mind</b> A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>PAPYRUS</b> Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>SANE</b> Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>
<b>YoungMinds</b> A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Cruse Bereavement Care</b> Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>





## Domestic Violence

ORGANISATION	CONTACT INFORMATION
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>

## Pupil Achievements – A message from Billingshurst Lions

The Lions are pleased to be able to inform you that Isabel Whitnall Avison's Poster for Peace came third in the South East District competition, which involved many schools throughout the south east. She will receive a district prize as well as the certificate and voucher from the Billingshurst Lions.

If you have any pupil achievements that you would like mentioned in the newsletter, please e-mail the office: [office@williampenn.co.uk](mailto:office@williampenn.co.uk)

