

Dear Parents/carers,

CV19 daily update (Issue 12 – Friday 27th March 2020 – 11.00am)



Dear everyone,

We have reached the end of what has been a most unusual and long week for everyone. Acclimatising to a new way of working almost overnight and a lock down has been challenging. However, in true Sandringham Spirit, you have all risen to these challenges and helped to provide a constructive and purposeful week for young people. Thank you.

The first message I would like to give is to ask all **students to read the instructions from the teacher carefully**. A number of staff have fed back that this is one of the biggest issues, where students have come un-stuck because they have not read the detail first. If parents can help get this message across, that would be most helpful.

Secondly, we sent out a number of post cards home yesterday to congratulate students on their work this week. It is just one way we can keep some normality going. Staff will nominate students again next week and these should be more coming out ready for the Easter break.

Your feedback and changes for next week

The school prides itself on listening and adjusting to improve. All of your comments, as well as those of students and staff, have been collated and will be used to guide our planning for the situation we find ourselves in after the Easter break.

For next week, staff will be making some changes to delivery by shortening the lessons to around 50 minutes in length, giving students sufficient time to complete any assignments and also providing an indication in advance of the type of lesson they may be having ('live', interactive, or passive etc). We think that with greater clarity over what their day looks like, stress and anxiety will be reduced.

We do feel that having a good structure to the day is important. Sometimes, young people can spend a lot of time worrying and procrastinating about what to do next. By having structure, we feel we can reduce the stress that some students have when planning ahead.

For now, I plan to issue a daily update throughout next week, and then slow down a little over the Easter holiday. We are not sure yet what the position will be with the school in the holiday period. It may be that we are closed, or have just one or two children that require supervision if they have key worker parents or are particularly vulnerable. This is to be finalised early next week.

Some ideas for our year 11 and 13 students (and others in the holiday)

A big thank you to Ms Clark for these.

Exercise ideas:

- Joe Wicks workouts - live on YouTube at 9am every weekday morning
- The app 'downdog' is free for now and has beginner, intermediate and advanced level yoga workouts that are easy to follow and track
- Couch to 5k - if you have never been a runner - why not try now!
- Athletes are releasing lots of indoor sessions to follow if you want to be sport specific!
- HIIT workouts - Millionaire Hoy has some seriously hardcore videos if you want to challenge yourself!
- App '7 minute workout' is great if you want something short and sweat!
- App 'Sworkit' is a great app for all types of workouts
- App 'Nike training club' is great!

Mindfulness apps & ideas:

- 'Headspace: meditation & sleep' app - teaches you how to meditate
- 'Wim Hof Method' app - breathing exercises
- 'Aura' - 3 minute stress & anxiety relief
- 'Buddhify' - meditation organised by theme depending on what you are doing
- 'The calmer you podcast with Chloe Brotheridge' - strategies to help anxiety
- 'The anxiety coaches podcast with Gina Ryan' - 20 min episodes
- 'Feel better, live more with Dr Rangan Chatterjee' - 1hr a week
- 'Happy place - Fearn Cotton' podcast - she speaks to inspiring individuals!

Hertfordshire Education Psychology Service Update

Due to the current circumstances regarding the COVID-19 virus outbreak, the EP team have expanded their 'quick queries' service across Hertfordshire.

Visit www.hertfordshire.gov.uk/localoffer for services for children/young people with SEND. Find them on Twitter [@HertsEPS](https://twitter.com/HertsEPS) for frequent updates, support and advice.

Please call: **01992 588574** if you would like to speak directly to an Educational Psychologist to discuss a child or young person's development, learning or emotional wellbeing.

From March 2020, contact line will be available: **Monday to Friday from 2:00pm to 4:30pm** for all parents/caregivers, young people (aged 16 -25), school staff and professionals.

A few more items of feedback from you

Another message of thanks from us for all the hard work yourself and the teachers are putting in at this difficult time. Our son is taking his learning very seriously and is welcoming the opportunity to discuss his learning with his classmates and some of his teachers. He has also reported to me that some of his friends in other schools are not receiving as much support as him, which he seems shocked to hear! We are also grateful for all the excellent teaching that are eldest son received towards his A Levels and although he won't be sitting his exams, I know that his time in the Sixth Form will give him an excellent basis for

whatever he decides to do in the future. It was a gap year and travelling around Europe so who knows now! These are strange times for all of us as we have to adapt to living differently but I am grateful that the school is providing such a structure and lessons as I know our youngest son would be struggling without it. Please pass on my thanks to your team.

Thank You to you and the incredible Sandringham staff for making this change in schooling style as seamless as possible. Your consistent communication demonstrates your thoughtfulness and commitment to the school and its community during this worrying time.

Please extend my thanks to the wonderful team at Sandringham. You are always impressive but even this challenge does not seem to have daunted you! I'd also like to thank you for inviting comments on the VL implemented so far. Again, in my eyes, a measure of an outstanding school that is comfortable in its position and has the flexibility to welcome feedback and act on it where appropriate. I have a very capable and conscientious Y8 student who is now in her second week of virtual learning. In short, it's been an intense and relentless period of study with little/no opportunity for breaks during the day. Admittedly, my daughter will create her own structure and she will always complete the work that is suggested where others would not.

As the week progresses, I cannot re-iterate how grateful we are to the teaching staff and everyone working behind the scenes to provide the ongoing lessons for our year 7 son. It is great that he can follow his normal daily timetable. This is really helping him to remain motivated and focused throughout the day. He has particularly liked the "live" lessons so it has been a real benefit that even year 7 have managed to have some of these. I was also so impressed to hear that he has already had feedback on some work that he has only submitted earlier this week. This is so encouraging for the children and will help them to continue to work hard. It was also lovely for them to have a relaxed LL lesson this morning. I would say he is rather tired at the end of the day so I was pleased to read in today's newsletter that you may reduce the lesson time for KS3 next week. I think they would really benefit from an extra 5/10 mins between S1/2 and S3/4 as it is a lot of screen time for them. The daily newsletters have been great. It so good to hear from school and to be kept up to date with all that is going on. As I said above, I really think it is amazing how the school are providing for our children. I hope that everyone will manage to have some down time over the weekend.

Finally, may I wish you all a very good weekend, and hope that students can be treated in some way for their amazing efforts this week.

Best wishes

Alan Gray