

Dear Parents/carers,

**CV19 daily update (Issue 13 – Monday 30<sup>th</sup> March 2020 – 11.00am)**



Dear parents/carers,

I hope you had a good weekend.

There are a few items in today's issue of the newsletter. Some are from public health with a reminder about well-being that we think are particularly important for you.

We anticipate an announcement this week from Ofqual and the DfE about examination results at GCSE and A-level. As soon as we hear, we will evaluate and then get a message out to all students and families.

We are now in week two of our Virtual Learning Curriculum and teachers will have made some adjustments to delivery following our own evaluation and feedback from yourselves. It would be most helpful to hear back from you if this has made an improvement in the balance and rhythm of learning.

### **Student work**

Below are a few examples of student work that has come my way.

Poem by Poppy in year 7 – from Mrs. Cuneen

#### **Listen**

Why are you not listening?  
You are shutting out our voice.  
The thought is sickening,  
But we don't have a choice.

Our earth is dying,  
Frying,  
Crying.

Yet you ignore our song,  
And get it wrong.

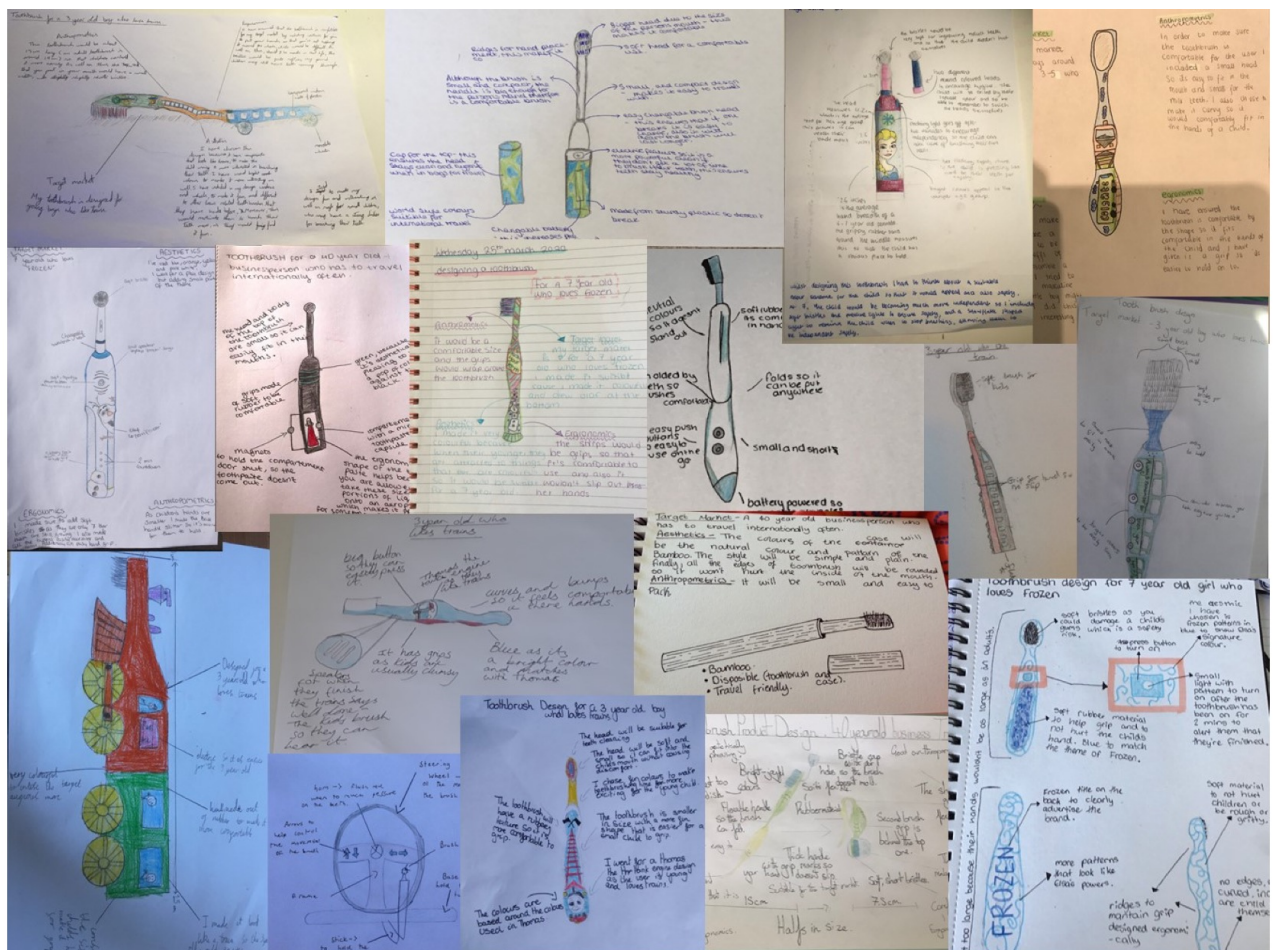
Our ice caps are melting,  
Yelping,  
For help.

But you still say no!  
Telling us to go.

Our animals are getting hurt,  
Will you reject our alert?

And save our wonderful planet.

They had to analyse their own toothbrush in regards to how it had been designed with ergonomics and anthropometrics in mind and then design a toothbrush for a very specific client. This a selection of some of their designs. I've been really impressed with how they have worked with whatever they have at home to create these designs. The image is below and attached.



**Free Webinar for parents from British Dyslexia Association: Wednesday 1<sup>st</sup> April at 7.30pm**  
**How to manage you and your child's anxiety during school closures with Professor Amanda Kirby**

In these times, many parents and children are not surprisingly feeling anxious. Fortunately, there are many things we can do to help. Following from hugely popular session with Karen Mace, join our live FREE webinar for parents hosted by Professor Amanda Kirby on Wednesday 1 April at 7.30-8.30pm.

This session will:

- Help you better understand what anxiety is
- Provide practical tools to help you and your children manage and minimise anxiety in these uncertain times and improve happiness and wellbeing

Amanda will focus on remembering to be realistic, not superhuman!

Register for free here: <https://www.bdadyslexia.org.uk/events/free-webinar-for-parents-managing-you-and-your-childs-wellbeing-being-realistic-and-human-and-not-super-human-1>

### Tips on mental health for students

The first is from Natasha Devon – see link below.

<https://www.teachwire.net/news/natasha-devon-lets-focus-on-what-were-able-to-control>

Secondly – see YoungMinds <https://youngminds.org.uk/>

## Questions to ask your child in self-isolation





What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?



(Secondary School  
Aged Children)

## five ways to wellbeing

Research from around the world tells us that there are 5 things we should all do more of to boost our wellbeing and improve our mood. Here are some things you can do in and around your home.

Have a think about what you are already doing, what you can consider doing more of and how many of these you can complete each day.



### CONNECT:

- ☐ If you can't be with certain members of your family - you could phone, Skype, Face Time, WhatsApp or send them an email or text message to let them know how you are.
- ☐ If you're at home with your family, try to eat lunch or dinner at the same time - this can be much more fun than all eating separately and gives you an opportunity to chat.
- ☐ Stay in touch with your friends - you might not be able to see them right now, but you can still speak on the phone. Hearing someone's voice can be much nicer than just sending a message.
- ☐ Talk about your feelings. It is important you don't bottle your feelings up. Talking Shows Strength.
- ☐ Listen. If a friend or family member wants to talk to you. Make sure you listen and give them your full attention - remember to ask the question "How are you?"



### GIVE:

- ☐ Now is a great time to help around the house – you could tidy your room; help do the Hoovering or pull out some weeds in the garden if you have one.
- ☐ Draw or paint a picture for someone in your family - everyone loves receiving a handmade picture, you'll be able to put a smile on their face.
- ☐ If you have a pet, spend some time with them - give them a fuss if they like being fussed.
- ☐ Write a poem for someone you love – you could then read it to them over the phone to brighten their day.
- ☐ Say something nice to someone you live with – perhaps they look nice today, or they've done something for you that you could thank them for.



connect > be active > take notice > keep learning > give





## For Adults

## five ways to wellbeing

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- ☐ Talk about your feelings. It is important you don't bottle your feelings up. Talking Shows Strength.
- ☐ Listen. If a friend or family member wants to talk to you. Make sure you listen and give them your full attention - remember to ask the question "How are you?"



### GIVE:

- ☐ If you are creative, try making something or painting a picture for a friend or family member. Everyone loves receiving a handmade gift, so you'll be able to put a smile on their face.
- ☐ If you have a pet, spend some time with them - give them a fuss if they like being fussed.
- ☐ If you're able to, see how you can help others through this challenging time. Or perhaps you may want to sign up as a #TeamHerts volunteer visit: <https://www.thvolunteering.org.uk/volunteering/covid-19>
- ☐ When you find something that works well to lift your mood, do share it with others on social media #JustTalk



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## Comments from you

We're approaching the end of our first week of 'school at home' and we'd like to take this opportunity to thank you all for everything you are doing to continue to provide our boys (year 7 & 9) with education. We can't begin to imagine the extra workload this is creating; we wanted to express our gratitude and show our appreciation. The daily updates alone are incredibly useful not only to keep us all up to date with this fast changing situation, but also allows us to still feel a sense of connection to the school site. To top it all the team are still managing to complete other scheduled tasks such as spring reports - thank you for this 🙌 it was so nice in all this madness to see our sons report pop up in my child at school, something to celebrate. I have to be honest and say that the first day was incredibly difficult. With my husband working, I was pulled from pillar to post, trying to support 3 children in completing work as well as protecting their emotional well-being. I ended the day feeling shattered and having got none of my own chores done was concerned about how this was going to all fit in around the home setting and leave me sane at the end of it all. However as the week went on it's got much better. I've adopted the approach that they log in for each session and they complete their set work, if they complete it with time remaining we've been using this to take a break, spend time together playing games/doing exercise or have some time to connect with their friends online ( I feel this is very important, social isolation is so damaging to your mental health). The boys have settled well into their new routine and the house feels calm and happy. We're both incredibly proud of them, they have met this challenge head on, non more so than my year 7 who really struggles doing school things in the home setting. I have always been incredibly impressed with the dedication you and your team give to your pupils; it feels like each one is treated as an individual. Now I have nothing but admiration for what you are managing to achieve for them all in such a difficult time. You are all going above and beyond and it's very much appreciated in this household.

Thank you so much for your helpful newsletters, we are finding these very useful. Also, we would like to express our thanks to you and the teaching staff for your work over the last few weeks in ensuring the students are well supported and coping well with the lockdown. In particular, we were so impressed to have a telephone call from my sons teacher in Year 8 and my son really enjoyed communicating with her and chatting about his activities and school home work. It's such a difficult time however its being made so much easier by your team and we really do appreciate it!

Many Thanks for the contact and updates, Sandringham have really been amazing in such a terrible situation. I completely agree that keeping to a schedule for the children is essential, structure in this strange situation is good for mental wellbeing. The first week for us has gone extremely smoothly thanks to everything the school has put in place. I am so impressed with the PE Challenge, such a good idea, with my office closing it means that I am available to join in with my sons PE sessions and we have all been out for a run together which has been lovely. Thanks for everything Sandringham and I hope that you all and your family members are well.

First of all, thank you for keeping us up to date on the daily developments within the school during this time, it's greatly appreciated. My husband and I would also like to thank all faculty members who have ensured the transition from our Yr 7 attending school to home

learning was seamless. We both work and have a 7yr old who is being home schooled, only having to prepare lessons and a timetable for one child as oppose to two eases the pressure. I just wanted to say that everything we are worrying about at home, you seem to intuitively know, because you answer it in the next newsletter! Structure to the day is absolutely one of the best parts of what you've done for the kids - and parents! - and it has made the lives of those of us who are still working from home so much easier. A fantastic podcast suggestions from Miss Clark - I listen to most of those myself but I didn't know about the Calmer You podcast so thank you :) Miss Clark, I have a podcast myself aimed at teen mental health (for parents and their young people) - if you think it might be of interest to the older students? It's quite new, but it's had amazing feedback so far - nothing like Miss Cotton's yet, but I can dream!

<https://podcasts.apple.com/gb/podcast/teenage-kicks-podcast/id1501488455>

I am the mother of a boy in year 10. I have been equally impressed & grateful for how smoothly the whole team at Sandringham have coped with teaching the kids at home. I work for a large corporate firm in financial services & we could learn a lot from you. Sandringham has always been impressive but it's during these challenging times you can sift the wheat from the chaff & Sandringham and the team are 100% quality wheat. Well done & thank you. Special thanks to Mr Weir who personally messaged each student to check in their well-being. The kids thought this was great. Well done him. One idea... it would be nice to do a virtual parent & children assembly. If parents can make it, it would be great to be part of your efforts and support. You are doing brilliantly, keep going.

Keep the comments coming please – we love to hear them.

With best wishes

Alan Gray

