



Dear Parents/carers,

**CV19 daily update (Issue 20– Monday 20<sup>th</sup> April 2020 – 2.00pm)**

Welcome back and I hope you are all safe and well after the Easter holidays. We have returned to school with week 3 of our Virtual Learning Curriculum and hopefully everything has gone well so far. Do keep the feedback coming in so that we can monitor delivery and adjust if needed.

I sent a virtual assembly message to all students this morning for the start of the new term. One of the things mentioned was the 'gift of time' that we have as a result of the lock down and how to use this constructively. I think it would be great to showcase some of the things that students have engaged with as a result of having more time so there will be a new section in the newsletter called 'Gift of Time'. If you can send in items to me, I will try and get them published to share with everyone else and give some inspiration.

We are assuming that schools will return to physical operation at some point this term. No doubt there will be sufficient notice from the government for us to manage this process and we will keep you informed of all key updates on this when they come in.

Thank you in advance for supporting your children with their learning.

With best wishes, Alan Gray

**DATE FOR THE DIARY: Weds 22<sup>nd</sup> April- 50<sup>th</sup> Anniversary of Earth Day**

As a lead school for the World Class School organisation, Sandringham will be celebrating the 50<sup>th</sup> anniversary of Earth Day by encouraging students (and parents) to demonstrate their creativity. Some of the online lessons taking place on the day will reflect this theme but we are also encouraging families to demonstrate their own creativity. Students can access ideas via their year group Google Classrooms and any contributions can be celebrated using the #BeCreative.



**SUPPORTING WELLBEING:**

During these challenging times, supporting your wellbeing is paramount. Small measures such as staying connected, daily exercise, eating healthily, allowing limited news intake, talking if you are feeling anxious, and having a daily routine can all help. Fergal Moane, Deputy Headteacher, was sent the following document with some ideas on how to talk to your children about what is happening, making home learning work for you, and extra contact numbers/resources should you need them. (See attached Key Doc Pupil Wellbeing.)

## **ACTION FOR HAPPINESS CALENDAR**

Having a positive daily focus can also help during difficult times. This Active Coping Calendar shared by Katrina Clark, Year 13 Performance Director, provides some simple daily ideas to try at any time. [https://www.actionforhappiness.org/media/865781/april\\_2020.jpg](https://www.actionforhappiness.org/media/865781/april_2020.jpg)

**ACTIVE COPING CALENDAR: APRIL 2020**

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|---|--|---|---|--|
| 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them     | 7 Share what you are feeling and be willing to ask for help   | 8 Take five minutes to sit still and breathe. Repeat regularly   | 9 Call a loved one to catch up and really listen to them          | 10 Get good sleep. No screens before bed or when waking up  | 11 Notice five things that are beautiful in the world around you |
| 12 Immerse yourself in a new book, TV show or podcast      | 13 Respond positively to everyone you interact with        | 14 Play a game that you enjoyed when you were younger         | 15 Make some progress on a project that matters to you           | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative             | 18 Find a fun way to do an extra 15 minutes of physical activity |
| 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with      | 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news     | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths        |
| 26 Take a small step towards an important goal             | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year | 29 Connect with nature. Breathe and notice life continuing       | 30 Remember that all feelings and situations pass in time         |   |  |

**ACTION FOR HAPPINESS** [www.actionforhappiness.org](http://www.actionforhappiness.org)

30 actions to look after ourselves and each other as we face this global crisis together Keep Calm · Stay Wise · Be Kind

## **FREE DAILY NEWLETTER**

'The Day' is a daily newsletter for parents and carers at home with children, helping to enrich learning with real-life knowledge and skills. It is currently free and may be a useful resource at this time. Thanks to Fergal Moane for highlighting.

<https://theday.co.uk/subscriptions/the-day-home>



## SANDRINGHAM IN THE COMMUNITY

Mei Templeton emailed to let us know that her son Theodore Templeton (8S) has been helping her to make scrubs for the NHS during the Easter holiday. They were inspired by the DT department's efforts with face masks. Excellent work Theo!



Tina Crafford, from our Admin office, has also been making knitted hearts and nurses for patients and workers in ICU, scrubs and headbands for protective masks. What a thoughtful and busy lady! We are sure they will provide comfort to patients and our amazing, hard-working NHS.



We also received the following message from Karen Duncan from Parkbury House Surgery regarding the visors made by our DT Faculty.

*Please accept our huge thanks for the face protector visors you kindly delivered earlier today. Our Care Homes Nurse is going to deliver these to our Care Homes: Strathmore Lodge and Lyndon Eventide Care Home on Monday. I have passed on your details to our Practice Manager should we need anymore. It is amazing to have such wonderful support from Sandringham School and I would be grateful if you would pass on our thanks and good wishes to everyone who contributed to making the visors. With many thanks, Stay Safe, Karen.*



## INSPIRATIONAL SPEAKERS ONLINE



### THIS WEEK'S SPEAKERS



#### TOM TOUMAZIS MBE

Former Media, Entertainment and Tech Executive, now investor in start ups

- DATE: Monday 20th April – 2pm
- AGE GROUP: KS4-5 / S4-6
- [WATCH LIVE TALK HERE](#)

In Tom's talk he will explore with students the power of the word "maybe" and how we should all avoid it. Tom will also share with students how they can keep learning during this time and share with students some of his top tips.

Filling the days with a variety of stimulating activities can be difficult so Kate Mouncey, Director of Sixth Form, has shared the link below which features talks from inspirational speakers daily. They are running a schedule of virtual talks with experts in a wide range of subjects/areas ranging from TV producers, to entrepreneurs to politicians. Yr12 students in particular are encouraged to participate as they approach UCAS applications, but the talks are also suitable for KS3 upwards.

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

### PARENT/ CARER FEEDBACK SENT OVER EASTER

*We just wanted to add our thanks to you and your team for all you have done to keep the families of Sandringham on track. We have been so grateful that lessons for our daughters in years 8 and 10 have continued as usual. Having that routine has given the girls a reason to get up in the morning and helped the day to run smoothly and quickly. The youngest has particularly enjoyed Google meet and the practical activities. Thank you for to the lovely Ms Clark for her weekly updates to the year 13s, my eldest daughter really appreciates them. The girls also look forward to choir with Ms Beaton. Anything to keep them in touch with the outside world has been particularly welcome. We hope you manage some time to yourselves over the Easter break and look forward to lessons resuming in a couple of weeks.*

*I wanted to write and say a **huge** thank you to all the staff for their incredible efforts over the past few weeks. Our daughter is in year 7 and has adapted fantastically to being 'schooled from home'. She has remained motivated and engaged throughout this period and this can mainly be attributed to her teachers, their lesson content and delivery. As a fellow teacher myself, I am very aware of the time and organisation that will go into these virtual lessons, and of the challenges the staff will face in putting these together. I am in awe of their skill and dedication to the school and it's students. Wishing you all a good break and a wonderful Easter.*



*Thank you so much for such a fantastically well organised and positive approach to teaching in these unprecedented times. The regular lessons, contact and structure are key to our children's mental health and stability and you all continue to do an amazing job.*

*I just wanted to wish you all and Mr Gray a restful and safe Easter. The school has continued to amaze me, with the incredible lessons both children have had daily and the fantastic daily communication from Mr Gray. In this mad, unsettling time everyone at Sandringham has provided stability and support to both the children and the families - which is no mean feat. Please can you pass on my heartfelt thanks to all of the staff - they have gone above and beyond in every way. Wishing you all continued health and a peaceful Easter.*

*I just wanted to add to the many letters thanking the amazing staff of Sandringham - especially this morning when my year 10 daughter received a postcard home from her Chemistry teacher, congratulating her on her resilience and effort during 'lock down' - it absolutely made her day - and mine - thank you!!*

*Thank you so much for your amazing efforts in maintaining a fantastic home-schooling program. Enjoy your break & stay safe*

*My husband and I would like to add to the messages of support for Sandringham School and give a big thank you to you all. We have been incredibly impressed with how the virtual learning is going and our son's commitment to his lessons every day. Working to the normal school day has provided him with a sense of structure and routine and he is able to get on with much of his work independently. Please thank all your teachers and staff for providing interesting, engaging lessons and adapting so well to this new way of doing things. We would also like to acknowledge the level of reassurance provided by your consistent communication over the past few weeks. Your newsletters provide a strong sense of support and community and we feel proud, as does our son, to be part of this school. It is also obvious you are constantly evaluating your learning approach and trying to make it better whenever you can. We appreciate that it's an incredibly difficult situation for all schools but our other son is in Year 10 at another school and has had a very different, less positive, experience.. Thank you so much for providing such confidence and reassurance regarding our son's education at this challenging time. We hope you and your staff are all able to have a good rest over the Easter Holidays.*

*I wanted to thank you for the excellent communications over the last two weeks, and the planning of education during these difficult times. I have another daughter, in a different school, and the difference and quality of the materials and communications is (literally) night and day. One comment for your consideration: could teachers plan for more of the interactive sessions earlier in the morning? One of the things we are focusing on at home is a sense of routine and discipline to help keep body and mind active and in the right spirit—and their school lessons are an important part of that routine.*