



Dear Parents/carers,

## CV19 daily update (Issue 21– Tuesday 21<sup>st</sup> April 2020 – 2.00pm)

I hope that things went well yesterday with our return to school for the summer term.

One of the issues arising from the lock down is the significant increase in on-line information coming to homes and school. We are in danger of information overload. So, I have decided to reduce the number of newsletters going home to just TWO per week. There will be a TUESDAY edition and a FRIDAY edition, starting from today. If there is anything that is really urgent, we will send an e-mail to you. I hope you feel this is sensible and will help you to manage communications better.

We are now fairly clear that lock-down for schools is likely to continue for a number of weeks, probably until at least June. So, we may assume that the whole of this half-term will be delivered through our VLC. A couple of parents have contacted the school concerned about the change in delivery. Before Easter we explained that in phase 3 (now) we have adjusted delivery again to be more sustainable over a longer period of time. This means that for some subjects there may be longer-term projects that students work on rather than needing to be on-line at lesson time to complete the work 'live'. We are encouraging students to keep to a routine around the normal timetable day, but if they have some discretionary time during the day then this is surely a good thing to help develop some independence of learning. It is also important to remember that we are not seeking to replicate all of school at home. This is clearly impossible since much of what we do in school is interactive, and no matter how carefully we can construct a virtual lesson and use the latest technology to enhance delivery, it is never quite the same as being in the same physical environment with all the subtleties at play. We also need time for students and staff to settle into this phase 3 routine so please bear with us whilst this happens. Sandringham is delivering a significant VLC and is fully committed to this which is great news for all of our students.

We are also changing some of the content of the newsletter, no longer printing any of your comments (although please send them.) The next newsletter will be on Friday, so until then, have a lovely week.

Alan Gray

### RAMADAN



The Holy month of Ramadan begins on Thursday 23<sup>rd</sup> April and runs until Saturday 23<sup>rd</sup> May. Ramadan involves a daily period of fasting, starting at sunrise and finishing at sunset, which includes abstaining from food and drink (as well as water). Fasting is one of the five key pillars underpinning the Islamic faith and Ramadan is one of the most important events in the yearly calendar. As well as fasting, this month is also a time of self-reflection, self-evaluation, prayer and giving. We know that some students may be fasting over the next month and we want to support them as much as possible especially during our Virtual Delivery. Students are encouraged to contact their teachers if they are fasting and indicate if/when they may need extensions or support.

## **CALLING ALL FOOTBALLERS!**

Local Director, Jacques Salmon, is producing a daily video including clips of boys and girls showing off their football skills with the message #Stayhome - Keep It Up to Protect our NHS. Clips can be filmed inside or outside with any ball and need to be sent to [jacques@jacquessalmon.com](mailto:jacques@jacquessalmon.com) You can also view videos on @onsetwithjacques to get ideas.

The Rules are:

- Ball in from your right
- Four touches max (the more original the better)
- Kick/pass the ball out of shot to your left.

Why not show off your skills in your Sandringham kit? Something to pass the time while the weather is nice and a good memory to keep of lockdown if you are featured.



## **BORROWBOX: FREE eBooks AND AUDIOBOOKS**

Thank you to Mrs Milner one of our Librarians who has highlighted that you can borrow eBooks and audiobooks FREE from Hertfordshire Public Libraries using the BorrowBox app, your library card number and your PIN. There is a great selection and anyone can join Hertfordshire Libraries if they live, work or study in the area.

If you're not already a member, you can join online (google 'join Herts library') then email [libraries.information@hertfordshire.gov.uk](mailto:libraries.information@hertfordshire.gov.uk)



## **THE GIFT OF TIME: SANDRINGHAM IN THE COMMUNITY**

Our current Head Girl, Elena Kite, has been busy making craft packs for the children who live on her road. They include fun ideas such as making dragonflies, bracelets or tulips. Over 90 have been taken so far. What a lovely idea! Well done to Elena for giving up her time and encouraging creativity in others.



## **THE GIFT OF TIME (cont.)**

Jess Simmons and Emily Bloomfield from Year 11 are undertaking a fundraiser for Herts Domestic Abuse Helpline where they will be running 125km between them over the next 5 weeks. With Home Secretary, Priti Patel, highlighting a surge in Domestic Violence since the start of lockdown, this is a particularly relevant charity and you can support them by sponsoring on the link below. Well done Jess and Emily [gf.me/u/xxk3fw](https://gf.me/u/xxk3fw)

## **SEN ADVICE AND SEMINARS**

The EP, SpLD and Specialist Advisory teams advice line services are all open to parents

Spot the Signs and Emotional Wellbeing Webinars are also available as below Please go to Eventbrite (<https://bit.ly/2QZqK4f>) for more details.

Spot the Signs & Emotional Wellbeing Webinars			
Course	Who for	Date	Time
5 Ways of Wellbeing	Families <sup>1</sup>	14/04/2020	10:00-10:45
Introduction to Mental Health	Families <sup>1</sup>	15/04/2020	13:00-14:00
Emotional Wellbeing & Coping Strategies	Carers <sup>2</sup>	17/04/2020	12:30-14:00
Emotional Wellbeing & Coping Strategies	Carers <sup>2</sup>	20/04/2020	12:00-13:30
5 Ways of Wellbeing	Families <sup>1</sup>	21/04/2020	15:30-16:15
Introduction to Mental Health	Families <sup>1</sup>	24/04/2020	11:00-12:00
Spot the Signs Suicide Awareness	Youth Professionals	27/04/2020	10:30-15:00
5 Ways of Wellbeing	Families <sup>1</sup>	28/04/2020	13:00-13:45
Emotional Wellbeing & Coping Strategies	Carers <sup>2</sup>	29/04/2020	15:30-17:00
Introduction to Mental Health	Families <sup>1</sup>	30/04/2020	14:00-15:00

<sup>1</sup> Families: This session is open to all the family and parents/carers may join accompanied by their child or teen  
<sup>2</sup> Carers: Parents & Carers of a young person

For more information and to book onto an individual webinar session, please visit our Eventbrite: [bit.ly/2QZqK4f](https://bit.ly/2QZqK4f)

If you would like to book an in-house session for your class or team email [lara.mchale@hertfordshiremind.org](mailto:lara.mchale@hertfordshiremind.org) to arrange how to get your group into a private webinar that they can all access from home.

There are also four short courses – *Autism for Parents*, *Learning Theory*, *The SEND Code of Practice* and *Working in Partnership with Parents*, which are free to anyone. You can earn a certificate on completion. <https://www.oltinternational.net/free-short-courses>

The British Dyslexia Association is holding free Webinars for parents and professionals on a range of topics. The next one (April 22<sup>nd</sup>) covers early indicators of dyslexia, the best time to assess and what can be learnt from assessments.

<https://www.bdadyslexia.org.uk/events/webinar-when-is-the-right-time-to-carry-out-a-full-diagnostic-assessment-for-dyslexia>