



Dear Parents/carers,

### **CV19 daily update (Issue 22– Friday 24<sup>st</sup> April 2020)**

We have reached the end of week three of virtual learning and once again, I would like to say how grateful I am to all of you for supporting the education of your children in these challenging times.

As I outlined on Tuesday, we have made some adjustments to the Virtual Learning Curriculum in order to adjust to a longer-term delivery now that we are clearer on how long students will be at home. I gave some explanations to the theory behind these changes and Mr. Moane has kindly put together a longer article explaining the reasons for the changes. We know that children benefit from having goals, either short, medium or long term and this is why staff are building regular assessment into their lessons to help focus learning and also review the progress that students have made. We will continue with delivery in the same way next week and then review the situation from then on.

What is really important, is that we continue to look after each other and seek as many opportunities as possible to keep occupied. This will help with our mental health and hopefully prevent a major shock when we do start to return to some form of normality. We will do our best to bring you items of interest that will help.

One of these takes place this weekend with the 2.6 challenge, in place of the London Marathon. I am sure you will have seen the publicity around this and Mr. Cracknell from our PE Faculty has set up a Sandringham Just Giving Page that will link to the National Fund Raising. More details are below- it would be great if as many of us as possible can join in.

For now, can I wish you a safe weekend with your families.

With best wishes,  
Alan Gray

### **VIRTUAL LEARNING CURRICULUM UPDATE: PHASE 3**



As it became clear that this phase has no defined end date, we needed to ensure that the delivery of the curriculum is sustainable for students, parents and teachers for the medium term. The two weeks before Easter were a sprint (where we learned a lot!) and we are now in a longer distance event. As Mr Gray has already observed, it isn't possible nor desirable to fully recreate school at home so we now enter Phase 3 of VLC.

Please see the attached detailed document from Fergal Moane outlining the considerations behind the changes and what they mean for students, parents and staff. (See attachment Virtual Learning Curriculum Update)

## SPORTS NEWS: 2.6 CHALLENGE



The London Marathon alone, which should have taken place on Sunday 26<sup>th</sup> April, is the world's biggest one-day fundraising events, which raised more than £66.4m for thousands of charities in 2019. Many of these charities have had to reduce or stop services at a time when vulnerable members of society need them most. We have chosen to put all of the hard work and physical activity that our students and parents are all doing collectively to good use and support the Association of NHS Charities.

The idea is you pick any physical activity that is 2.6 related and get active. It could be running 2.6 miles, rowing 2.6 miles, or even 26 cartwheels around the garden. Whatever you want to do to contribute and help this important cause right now will be fantastic. In order to track involvement and so we get an idea how everyone is challenging themselves if you could fill in the very short form here <https://forms.gle/rJy1wXBjjD9rri4N6> we'll know what 2.6 you have done.

Mr Cracknell has also set up the Just Giving link below so don't forget to share what you're doing with @SandringhamPE on Twitter and donate whatever you can- thank you!  
<https://www.justgiving.com/fundraising/sandringham-s-2-6-challenge>

## DESIGN A LOGO FOR ST ALBANS CITY FOOTBALL CLUB



St Albans City Football Club are running a competition to redesign their current crest to something more contemporary. Anyone in Y10 or above can enter and the winner will see their design printed onto club merchandise and win some great prizes for themselves (a signed shirt/ free season ticket) and for the school (training sessions/ matchday experience) Entry requirements are:

- The design must include the shield bearing the yellow cross on a blue background.
- The dimensions of the crest must not exceed 65 mm wide X 90 mm height.
- A palette of up to 6 colours is advised but should not include red.
- Submissions can be as either hand-drawn graphics or standard computer graphic files.
- Please send entries to the PE Faculty.

## **ART NEWS: OUR QUILT 2020- A COMMUNITY PROJECT**

The Art Department are running a fantastic initiative to create a giant quilt of stitched squares to celebrate communities coming together during this difficult time. Parents, students, teachers, Governors are all welcome to participate in this project. Mrs Owens' square is based on the clapping we've all been doing on Thursday evenings for the NHS and key workers. Mrs Leto celebrated spring in her design constructed out of felt and Mrs Button based her design on walking her dog. They hope to get as many members of the community involved in making their own personal contribution so that when we return to school, the pieces can be made into a beautiful piece of memorabilia. Follow [@our\\_quilt\\_2020](#) for inspiration and ideas or contact Mrs Button/Mrs Owens for more details. Happy stitching!



## **DRAMA NEWS: DRAMA CLUB ONLINE**

For anyone who is really missing practical Drama lessons, Team Drama would like to introduce the WE MISS DRAMA APPRECIATION SOCIETY (club) where they will be setting daily/weekly challenges for you to take part in whilst at home.

The Google Classroom code is: w5v2y7b. They would love you to get involved!



## **DT NEWS: MORE PPE BEING MADE**

The DT Faculty have been busy again making PPE visors for the NHS and other key workers for the 3<sup>rd</sup> consecutive week. Thanks to [@the\\_meating\\_room](#) for their delicious lunch donation!



## MUSIC NEWS: VIRTUAL CHOIR



Mrs Beaton and some students had a wonderful virtual choir rehearsal this week during which they sang a 'Resolution Song' for Earth Day. They sang and waved and felt connected through the power of music. What a great feeling. Anyone is welcome to join the virtual choir. Rehearsals are every Tuesday lunchtime at 1.25pm and the Google Meet code can be found via your music google classrooms. Students have also been creating brilliant compositions and performances as part of their 'Music challenge' activities this week.

There will be a letter coming home next week to all parents of students who receive instrumental or vocal lessons through school about the move to online one-to one delivery of music lessons. Hertfordshire Music Service have been working very hard to get their systems set up and they will be sharing further information about this to schools next week. Please look out for a letter which will require a prompt response.

## MINDFULNESS SELF-CARE



Many young people and their families may be feeling anxious and worried during this period of school closure. It can feel scary and isolating, but you are not alone. We want students to remember that it is just as important to take care of your mental health as it is your physical health. There are many ways that we can take care of ourselves such as eating well, getting enough sleep, talking to someone you trust, writing a journal or learning a new skill. Beyond this, we encourage students to empower themselves with self-help strategies that will help and support them as an individual. We're all different and different things work for different people.

Mark Allday has highlighted The Anna Freud website below, which has a great section for young people on self-care which is full of ideas and activities. This resource has been developed based upon extensive research from over 100 papers and 900 individual studies - <https://www.annafreud.org/on-my-mind/self-care/>



## **RESOURCES FOR SUPPORTING HOME ROUTINES**

As Sandringham is a Research School, we work closely with the Education Endowment Foundation to bring the best evidence to bear in providing education. The EEF have produced the following guide to support parents with establishing routines for learning at home:

<https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-to-share-with-parents/>



## **A MESSAGE FROM HERTS COUNTY COUNCIL**

Over 9,500 volunteers have been recruited to help vulnerable people in Herts identified as being in the extremely vulnerable category. Residents who are self-isolating and in [need of support](#) can visit [www.hertshelp.net](http://www.hertshelp.net), email [info@hertshelp.net](mailto:info@hertshelp.net) or phone HertsHelp on 0300 123 4044. Anyone currently using a social care service should expect that to continue, however they should speak to their care provider first or call on 0300 1234042 or check [www.hertfordshire.gov.uk/serviceupdate](http://www.hertfordshire.gov.uk/serviceupdate) for updates.



[If your organisation needs help you can visit www.thvolunteering.org.uk/organisations](http://www.thvolunteering.org.uk/organisations) and complete the online form to help determine how volunteers might be best able to support you. If you would like to contribute making PPE, the organisations coordinating the county's response have created an online guide [www.hertfordshire.gov.uk/covid19ppe](http://www.hertfordshire.gov.uk/covid19ppe) to help ensure that any Personal Protection Equipment (PPE) offered meets the necessary standards to keep people safe.