



Dear Parents/carers,

CV19 daily update (Issue 25– 5th May 2020)

The CV19 outbreak has given people the opportunity to study the impact of lock down on humans. One aspect that I think we are all aware of is the levels of physical activity. Research shows that, generally, children are more active during school days and less active at weekends. The lockdown and virtual method of delivery has some powerful attributes however one area of concern would be a reduction in physical activity in young people as a result of not attending school. We have published a number of opportunities for our students to keep active and this is also done on a National Scale, with various on-line fitness classes. I thought I would remind you all of this and encourage a good habit of some form of daily exercise for your children if this is not already being done.

We are now into week 5 of learning from home and, once again, I would like to thank our amazing staff for the work they are doing in planning and delivering the VLC. We estimate that it takes teachers about three times as long to prepare a 1-hour virtual lesson, as it would do to prepare their normal lessons in school. This is partly due to weaving more new technology into the delivery, but also thinking carefully about the structure and sequencing of learning activities when being done from a distance and in isolation. Our job is to try to minimize the impact of not being in the physical classroom and I hope that the sophistication and ingenuity in lesson planning is something that students have noticed.

The school web site has been re-designed and will go live shortly. It has a really fresh look and is even easier to navigate. For now, the existing web site has all current information on it and Mr. Moane has uploaded more information for parents on our VLC (more details below.) Thank you to Mr. Moane for all your help with this.



During our evening walks we see more and more wonderful chalk drawings on the pavements in the local area. I am sure you will have seen these too. Some are from members of the public (such as the ones shown here drawn outside the school by a local mum), and others are by more and more of our students. So, how about we try to make this part of St. Albans the most 'decorated' area with even more chalk drawings. This would not only brighten the place up and make the daily walks even more interesting, but it would also give you something really creative to do. Are you up for the challenge?

We hope to have more definite news about how schools may re-open after the Government announcements at the end of the week.

With best wishes,
Alan Gray

VIRTUAL LEARNING CURRICULUM UPDATE

We have updated the school website to describe our current policy on remote learning (the Virtual Learning Curriculum) and this also contains links to useful user guides and resources for parents and students. Mr Moane will be sending out a survey later this week to ask for your feedback and any suggestions as to how we could improve (within the limitations we are working under.)



<https://www.sandringham.herts.sch.uk/student-experience/blended-learning-byod/virtual-learning-curriculum/>

RAINBOWS OF HOPE: SHARE YOURS

As you will have seen there is a growing movement across the country to put a rainbow in the window of your home to express hope and gratitude to those working on the front line. The Visual Arts Faculty hope to collect some images of amazing creations from the Sandringham community and share them on Twitter and in this Newsletter. We would love to see what you have been up to! Please email them to barrowt@mysandstorm.org



LETTERS OF KINDNESS



Don't forget you can still join in with the Letter of Kindness initiative by emailing your typed letter to Miss Quinn via quinns@mysandstorm.org Full details have been posted on the 'Google Classroom' for each year.

NHS CHALLENGE: DO WHAT YOU CAN

A realistic goal can give a real sense of purpose and focus during these unusual times so why not set yourself a target to achieve this month? The challenge can be as big or as small as you like, sporting or non-sporting, and as an incentive Race the Distance have created a medal you can purchase to reward yourself once complete. All profits go to NHS Charities Together so you can feel the satisfying glow of completing a goal and know your money is going to a good cause. Mrs Holian set herself the challenge of running 150 miles in April. What your challenge be? Let us know!

<https://racethedistance.com/products/nhs-challenge-2020-do-what-you-can>



SUPPORTING HOME LEARNING

There is a significant amount of research to show that parental engagement with learning at home is an important part of young people's educational journeys. That said, it can cause parents or carers anxiety. We hope that you find the below tips useful in helping to support your young person's self-confidence whilst still maintaining a value on learning.



- Keep the conversations about learning going. Perhaps near bedtime have a family round-robin, where everyone says three things they've learned that day (these don't all have to be about 'school' subjects). This also shows that adults are still learning.
- Parents often feel that they can't support the learning of older children because the children are learning things they didn't learn, or learning in unfamiliar ways. It's not important that parents know the answers; it's fine to say, 'I don't know – how can we find out?'
- If your child is working on something that's new to you, ask them to explain it. This not only helps the child's self-confidence, it helps to embed the learning.
- Try to be as positive as possible about learning at home. You don't need to recreate a classroom at home – classrooms are set up the way they are because they serve to support the learning of a whole group of children.
- Children and young people are adaptable, but they are likely to take time to adapt. They may also be frightened and not understand why all the changes are taking place. It's far more important that your children feel supported than that they finish every worksheet.

If you are interested in more guidance or the research that sits behind it, please see link below
<https://my.chartered.college/2020/03/supporting-the-home-learning-environment/>
https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Summary_of_Resources_-_Parents.pdf

HERTFORSHIRE YOUNG PEOPLE'S WEBINAR

Public Health Hertfordshire are running a free Webinar discussing the impact of Covid-19 to young people on Thursday 14th May from 11.30am- 12.30. The Webinar will be hosted by Professor Jim McManus (Director of Public Health Hertfordshire) and aims to:

- Provide an overview of COVID-19
- Update on what's happening in Hertfordshire
- Address some of the questions raised by young people

No need to pre-register- just join the link below on the day.

<http://justtalkherts.org/coronaviruswebinar>



THANK A TEACHER DAY: WEDNESDAY 20th MAY

If you have a STAR teacher or support staff member whom you'd like to say thank you to, you can do so before the National Thank a Teacher Day on Weds 20th May. They are looking for as many stories and creative ways of saying thank you so you could send a picture or a video- anything you think will catch their attention. Videos should be around 30 seconds, in portrait, include the name of who you are thanking at Sandringham and why. Entries should be either tagged on Twitter @UKThankATeacher or emailed to info@teachingawards.com using the hashtag #ThankATeacher. More details can be found at <https://thankateacher.co.uk/thank-a-teacher-day/> where it you can also send a free ecard to a teacher of your choice. We would love to hear about your entries!

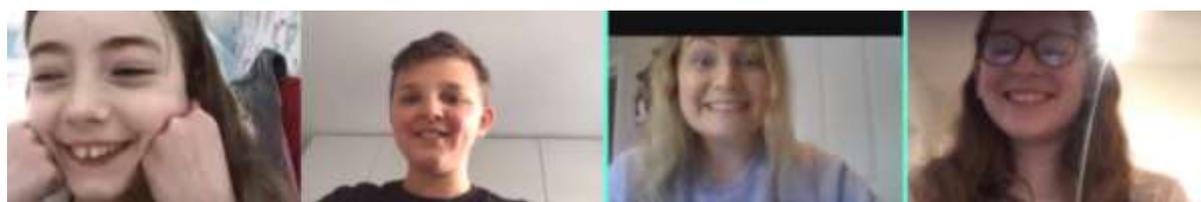


ONLINE WEBINARS WITH OAKLANDS COLLEGE: TUES 5th TO THURS 7th MAY

Also a little reminder If you are looking for more information on Post 16 courses available for students, that Oaklands College will be running Open Event Webinars today until Thursday. Please visit their website for more info. <https://www.oaklands.ac.uk/openmay20>



DRAMA CLUB: CHANGE OF DAY



Virtual Drama Club (Class code: w5v2y7b) is now on THURSDAYS at 1:30pm. The Faculty would love to see you there, keeping those Drama skills going whilst you're at home so please join!