



Edwinstree Middle School
A Voluntary Controlled Church of England School
NEWSLETTER for PARENTS & CARERS
Week Ending: 1/5/20

Diary Dates

5/5/20	Y5 Drop-in Parents' Evening postponed
8/5/20	Bank Holiday VE Day School closed
11-15/5/20	SATS – cancelled
22/5/20	School breaks for half term – 3:20pm
25-29/5/20	Half Term
26/6/20	Inset Day
13-16/7/20	Y6 Residential visit to Norfolk - TBC
17/7/20	End of Term 1:20pm finish

A huge thank you for your perseverance with the “Show my Homework” app or hard copy work, we appreciate your feedback regarding the problems you have experienced. Mrs Heywood has been responding to your queries, and has now logged on as a dummy student so she can provide better support. Below is an up to date list of advice she thought might help you to further navigate this system.

How to navigate “Show My Homework” SMHW Login Problems after Registration

If you first registered for SMHW using a mobile device but want to use a different device to produce work, you may need another PIN to complete the registration process again on the second device. Please email Mrs Heywood on r.heywood@edwinstree.herts.sch.uk if you need another PIN. Guidance is attached.

Marking Complete

Once your child has completed an assignment they can mark it complete by ticking the grey box located on the right hand side of the task on the “to do list”. This task will move into the “Completed” menu and leave you with only outstanding tasks in the “To do list”. If you have ticked a task by mistake, untick the box in the “Completed” menu and it will move back into the “To do list”.

Teacher Questions

To ask a teacher a question about the task that has been set first open the assignment by double clicking on the title in the “To do list”. Once open click on the “Results” menu at the top and type your question. The teacher who set the work will be notified and will reply during their helpdesk session.

Reminder: School Closed on Friday 8th May

Due to Friday 8th May 2020 being the VE Bank Holiday, the staff who would normally be timetabled to respond to comments and tasks on “Show My Homework” are moving their slots to a different day for just this week.

These are the adjusted times for next week:

Year	Subject	Staff	New slot - next week only
Y 5	Eng	Miss Bailes	Thu 7th May 9 -11
Y6	Eng	Miss Devonshire	Wed 6th May 9 -11
Y7/Y8	Hist	Miss Bustard	Mon 4th May 11- 1
Y7/Y8	Geog	Mrs Gant	Thu 7th May 2 - 4

Bank Holiday - Victory in Europe Day 8/5/20 or V

E Day when WW2 ended in Europe. It would be great if you could plan a way to celebrate the day with your family. Some ideas may include; bake a cake, make bunting, have a social distancing street party, play some old music, and I'm sure there are many other things that you could do. Please take some photos of your activities and email them to the school and I will collate them all together and make a display that you can see on your return to school. Happy planning and partying. Miss Bustard

A guide to the subject learning

Please remember to find the ‘guide sheet’ to all work first, whether this is hard copy or on “Show My Homework” and follow it to the nth degree for each subject. Only pick up the resource or download when it tells you, and only ever complete quizzes at the end of the learning. The quiz is to help the teacher see if your child has understood the learning, so it is pointless doing it at the beginning.

With that information out of the way, we want to this newsletter to focus on student and parent wellbeing. Below are examples of some of the questions we have been fielding since the beginning of the crisis. We hope this advice is helpful.

What do I do if I notice my child is distressed, should I force them to do the work?

No, don't force anything. Notice the changes that are happening, you may choose to talk through what work they are choosing to work on, when and how, maybe their timetable is not working for them, is there a particular stress point? If you can identify the problem, use the subject contact in SMHW or send an email and let us know and a member of staff we will respond and try to help. Email:

admin@edwinstree.herts.sch.uk whatever you do, please don't end up in a battle ground that causes you both stress, remember that the wellbeing of both child and parent, comes first and the work second.

If there is one subject only that we can manage what should it be?

Please also remember that if you just complete Maths each week, you are doing well. This is the subject that is linear, stepped learning and needs “ticking over”. Regular maths brain work outs help keep their maths learning in shape so this is the most important. After this, English and Science. Anything else is a bonus.

If I only kept maths going would my child return really behind?

The other subjects in school are not built around linear, stepped learning, with the exception of

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French. If they miss some learning they can continue to assimilate knowledge in English, History, Design Technology etc. so missed learning will have less impact

As a Parent, I am seriously struggling to juggle my work and theirs, what do I do?

I totally understand. The most successful families discuss the work the child is going to complete at the beginning of the week, they negotiate a little so the child feels listened to. They consider what works for them and then they timetable out the remainder of the week. They have some flexibility to realise they will all have 'down days', and if not everything is completed they stay calm and think "I have done my best". Stick to this model, it is a good one, put everything into perspective. The world won't end (well I hope not) not if they don't finish the work during week.

Is there anywhere I can get help, if I have a concern about my child's wellbeing or mental health?

Yes, in school we have the Learning Zone and last week we published their email so a student or parent can seek advice. Make sure your child knows about this email so that you both have somewhere to go if you need help.

LearningZone@edwinstree.herts.sch.uk

County have also provided us with a leaflet from the Herts Youth Connexions Team which support students in seeking advice. This is an official and strong route for seeking further specialist support that you currently cannot access via the school, please see the attachments.

We have also received information from County on the chat service advertised below:

The Chat Health service offers support, advice and guidance to 11-19 year olds. They can text from 9am-5pm, Monday to Friday and a School Nurse is operating the line during those times and they will get a response on that day, usually within the hour. Schools have added the Chat Health Poster to the 'Show My Homework' app that many students are accessing while not in school, meaning the students have direct access to it. Also attached are details of the Health for Teens website

<https://www.healthforteens.co.uk/>

For further information on this service please contact Lynda Edwards, Clinical Lead, SCPHN, School Nursing, and Public Health Nursing 5-19 Team email: lynda.edwards4@nhs.net Mind are currently offering a 24/7 crisis helpline and some webinars for families. Link to their youth support page:

<https://www.hertsmindnetwork.org/Pages/Category/young-people>

Projects and Support through Young Minds – Youth Connections team

Are there any lessons or support for students to help guard against poor mental health?

Yes Mr Galanides is in charge of the SMHW notice board and is posting regular and supplementary

guidance on relaxation and mindfulness techniques. They are not just for children and can be used by adults. Here is a sample of the feedback he has received from students using these techniques:

- I have read the first two and they were really relaxing and peaceful and I enjoyed listening to them.
- Listening to these stories inspired me to teach my brother how to ride a bike
- I thought I would tell you how the affirmations made me feel because you said you would like to know. Listened to the 6 min one because I didn't have much of the lesson left, but overall it made me less stressed because I have been very stressed today and it was very nice to hear them.
- Hello Mr Galanides. I just did these activities and now I feel happy and grateful for everything we have.
- I now noticed that the bird boxes had birds chirping out of them, and the neighbouring birds chirping in the trees nearby. Our pond was teeming with life from our tadpoles and pond skaters. I had also depressingly found that the wild rabbit family containing four bunnies and two parent rabbits had dug two new holes in the middle of our garden. There was a light misty drizzle in the air making my feet cold and damp.

Mr Hamilton's ICT lessons are supporting students to stay safe online. Mr Galanides is also encouraging staff and students to engage in enrichment activities and attached is information about an online school chess club which has started. If your child is interested, the attached information explains how they can get involved.

Should I share my anxieties with my child?

We have spent three years supporting your child to understand that 'strong is to talk, strong is to cry and strong and safe is to get your anxiety out and tell someone'. Yes all the advice we are given says that at their young ages [even Year 5], hiding things can frighten students even more, so do share, it helps. You might even want to try a relaxation technique together. It is ok to show vulnerability, in fact it is really powerful.

Would your child be interested in a Summer Science programme that is remote? – Particularly designed for children who are passionate about a Science and may wish to have a career in this subject. Please see information below:

Summer Programmes 2020

The Summer STEM Institute is an online summer research program for high school students available in the US, UK, and Europe. It has three components: **1.** A research and data science boot camp designed to teach students of all backgrounds the skills to do science research, computer programming, and data analysis.

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2. A "Masterclass" lecture series which will host over 35 highly accomplished speakers who are college-age or recently graduated. The speaker list includes 5 different Forbes 30 under 30 awardees, 2 different 1st Place Regeneron/Intel Science Talent Search Winners, and an International Math Olympiad Gold Medallist. The speakers will discuss their experiences in high school and college and the advice they have for a younger audience of high school and middle school students.

3. Students who are interested can also optionally apply to conduct a research project in a scientific field of interest. SSI will help match students to scientific literature, online datasets, and starting research questions in a field they are interested in. Students who complete a research project will work under SSI's team of highly accomplished mentors. Here's a link to the website:

<https://www.summersteminstitute.org/>

If students have any additional questions not answered on the website, they can contact info@summersteminstitute.org.

Collective Worship Planning Group

Mr Rowlands and Rachael Went, the school's link with the Brave Trust will be leading this through Microsoft Teams. The students who have been involved in the group so far will receive a letter next week. Please return the permission slip so we know your child is interested in continuing and we will set up an account for you. If there is anyone else who would like to join, please can you email admin@edwinstree.herts.sch.uk for the attention of Mr Rowlands.

Music Lessons

We have had confirmation that Herts Music Services will be moving to online teaching in the very near future. There is no school involvement in terms of administration or the running of this service, so if you have any queries please contact HMS directly. If you receive support from HMS with payment of lessons, they already have this information to continue supporting you. Please note: this does not include piano lessons which are provided by a private tutor.

Please, whatever you do stay safe and well. Put the learning into perspective, mental and physical wellbeing comes first, your children have a life time of learning and we will be here to support them when they return.

Jo Gant

Headteacher

Chess club
SMHW Top Tips
Help for teens

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