



Bexhill Academy

PARENT NEWSLETTER

During school closure times, it is important to ensure we keep your young people and families safe.

Here are some tips to keep our students healthy, engaged and active during the closure period.

Children are not at higher risk

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.

Steps to protect children from getting sick

You can encourage your child to help stop the spread of COVID-19 by teaching them to do the same things everyone should do to stay healthy.

Clean hands often using soap and water or alcohol-based hand sanitizer.

Avoid people who are sick (coughing and sneezing).

Clean and disinfect high-touch surfaces daily in household common **areas** (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).

Launder items including washable plush toys as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

Stop Social Interactions: The key to slowing the spread of COVID-19 is to stop face – to –face social interactions. Children can keep contact with their friends via social media and phone conversations.

Clean and Disinfect: Make sure children practice everyday preventive behaviours, such as cleaning and then disinfecting frequently touched surfaces.

Stay in touch with Bexhill Academy.

Bexhill Academy is providing online learning sessions for our students (paper copies are available). Discuss with your child the work they are completing and help your child establish a reasonable pace for completing the work. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the academy know via the IT Support website.



Create a schedule and routine for learning at home

Have consistent bedtimes and get up at the same time, Monday through Friday. Get children dressed ready to start their day – keep morning routines in place as much as possible.

Structure the day for learning, free time, healthy meals and snacks, and physical activity.

Allow flexibility in the schedule—it is okay to adapt the schedule based on your day.



Here is a sample schedule you can adapt according to your needs.

| | |
|-----------------|--|
| 08:30 - 9.00am | Breakfast and reading (newspaper, book, online articles) |
| 09.00 - 09:30am | OnLine The Body Coach PE Session |
| 09:30 - 10:30am | 1 hour of school learning |
| 10.30 - 11.00am | Break – including a snack and drink |
| 11.00 - 12.00pm | 1 hour of school learning |
| 12.00 - 12.30pm | Lunch break |
| 12.30 - 1.30pm | 1 hour of school learning |
| 01.30 - 2.30pm | 1 hour of outdoor exercise and/ or family time (such as a board game or a bike ride) |

Consider the needs and adjustments required for your child's age group.

Talk to your child about expectations and how they are adjusting to being at home versus at school.

Consider ways your child can stay connected with their friends without spending time together in person. Use apps such as House Party free group connectivity.



Look for ways to make learning fun.

Have hands-on activities, like puzzles, painting, drawing, and making things. Independent play and hobbies can also be used in place of structured learning. Practice handwriting by writing letters to family members. This is a great way to connect and limit face-to-face contact.

Start a journal with your child to document this time and discuss the shared experience.

Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

Try to find a space for learning. This could be a corner in a room, an outdoor den or a specific room depending on your accommodation.



LEARNING AT HOME

Tips on being the facilitator of Home Learning:

All the work set from school for home learning is on the 'Show my homework app'. You have received information in the post explaining how to access this including parent log in details.

Once ready to start, have the relevant equipment around your child to support their learning.

For example :

Pencil case or writing equipment

An exercise book to write notes in

Any books or textbooks they may have

The Knowledge Organiser (Year 7 & 8 students) or the Starting Points folder (Year 9,10 and 11 students)

Calculator

Dictionary if you have one



"Chunk" the learning up if need be. For example 25 – 30 minutes on one subject, then switch to another subject. You do not have to do 1 hour on one subject.

If your child is getting frustrated with a topic, ***they can email the teacher for help***. Come back to that topic later as they may not get a response straight away.



It's O.K. if your child ***gets it wrong or if they do not understand something. Ask for help***. There are many useful websites to help, such as www.twinkl.co.uk/resources/home-education

Students often rush work or misread the instructions or questions. Check they have read it properly and understand what the task is asking. Get them to check their work. Sometimes, come back to the work later to do this.

Do not allow them to simply ***copy and paste*** work from the internet. We will also be making it clear in the work we set that this is not what is expected.

They may ask you for help – ***you are not expected to know the answers to everything! Do not worry. You can find out from the internet or your child can ask their teacher via the school email system.***

Wider Learning Opportunities

Ed lounge – the work on this platform is not directly connected to the work set by the teaching staff at Bexhill Academy. Therefore it should be used when your child wants to do ***additional*** work.

Research – wider reading is useful. Reading books will develop vocabulary and is extremely valuable in many ways. Even reading newspapers and magazines will develop your child's vocabulary.

Watching educational programmes together is another way to widen your child's knowledge base. Film adaptations of certain novels even Shakespeare can provide both a fun and educational activity. Again, this work does not have to be completed in one whole session. You can break this up into more manageable periods of time to keep your child engaged. Discuss the plot with your child to ensure they understand what they are watching.



This is a new way of learning, and we are all on a huge learning curve. The main thing you can do is to support your child's learning, encourage them and be positive.

Small rewards go a long way and help the process no end!



Don't forget we are here to support as much as we possibly can.

AND FINALLY

Watch your child for any signs of illness.

If you see any sign of illness consistent with symptoms of COVID-19, particularly fever, cough, or shortness of breath, please act according to government guidelines.



Teach and reinforce everyday preventive actions.

Parents and carers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.

Be a good role model—if you wash your hands often, your child is more likely to do the same.

Make handwashing a family activity.



Help your child stay active.

Encourage your child to exercise each day.

Use indoor activity breaks (e.g., stretch breaks, dance breaks) throughout the day to help your child stay healthy and focused.



Help your child stay socially connected.

Help your child reach out to friends and family via phone or video chats.

Help your child write cards or letters to family members they may not be able to visit.

Ensure your family is using all social media safely. See the attached Top 10 Tips for details.



Bexhill Academy's website has a range of information on useful apps and web links. If you or your child need any information or guidance linked to health, safeguarding and wellbeing, please visit our website for further information.

N.B. Staff will not be setting work over the two week holiday period (6th to 17th April). Remote learning will resume on Monday 20th April.