

Monday 30th March 2020

in touch

with Parents and Students



The Winstanley School
Widening Horizons | Enabling Excellence

Welcome to our first weekly newsletter. I will aim to produce one of these at the beginning of each week for as long as the school is closed. Hopefully it will be useful in keeping you informed, giving you ideas and encouraging you as you cope with these incredibly challenging times.

Firstly I hope this finds you and your families all well. I was deeply moved on Thursday night at 8.00pm when our street applauded the NHS workers - I was struck more than ever by the need for all in our society to follow our first SHINE value of 'supporting others'. We are here to support you and please do not hesitate to get in contact if you need any support of any kind.

I am sure that last week was a very strange week for you all. It was certainly my strangest week in education so far. I have been impressed with how many students have already got stuck into their remote learning. It will take some time to get used to, but it is important that you get into a routine of doing it so that you feel a purpose and a sense of achievement each day.

If you do have any questions/concerns about the work please do contact your teachers via email. If you are struggling to get online please make sure that you email:
schoolclosure@winstanleyschool.org.uk

Thank you for all your support - we do miss having the students in the school and can't wait to be back to normal, but we know this may be a long time. Please keep following the government's guidelines about staying in and social distancing - I know it is difficult but it is vital.

I will finish up with a great quote from Nelson Mandela I shared with the students last week:

'When people are determined they can overcome anything.'

I pray that you and your families stay well and you know peace and hope at this difficult time.

Mr Bennett

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Mr Bennett

Message from

Keeping Safe

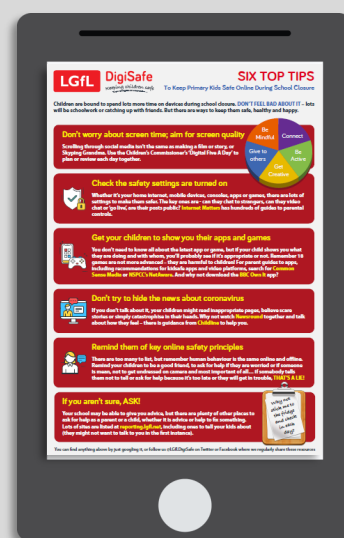
Hi all, hope you are all adjusting to distance learning and using the internet for your learning - there are some great sites for you to use.

Remember to take regular breaks and try to break your day into chunks of time so you can spread out your day and not get overwhelmed. Most importantly, always make sure that you are staying safe online - remember the same rules exist in the virtual world as are in the 'real' world. Keep your settings private and be careful what you are sharing and who with. There is a lot of great advice out there - I attach a poster to remind you so you can do a home e-safety check up.

<https://static.lgfl.net/LgflNet/downloads/digisafe/Parent-Top-Tips-Safe-Online-Corona.pdf>

If you have any worries remember to tell someone - always report any concerns, however small you may feel that they are, to a parent, a friend or email one of your teachers or use - dsl@winstanleyschool.org.uk.

Thanks and take care, Mrs Roberts



Learning Tip

Encourage your children to stick to their school timetable as much as possible. Staff will set work for the lesson (or possibly for the whole week) on the first day of the week they are timetabled to see them, so encourage them to spend a **maximum** of one hour on each lesson. If the work takes longer than an hour, get them to pick it up in their next timetabled lesson for that subject.



Competition Time

As you know we want all of you to **'Shine Brighter than you thought you could.'** I am sure lots of you are doing things which show our SHINE values in all sorts of ways and I thought this time at home would be a brilliant opportunity to both celebrate our SHINE values and promote them. Each week the competition will focus on one of the SHINE values.

Competition 1: Create a short video **no longer than 1 minute** which encourages and celebrates **Supporting Others**.

Handing in: You need to submit it to this email address:
competitions@winstanleyschool.org.uk

Closing Date: Friday 3rd April at 12.00

A few Tips:

- Think carefully how you will make people want to watch it.
- It needs to be some of these things: funny, interesting, powerful, moving etc.
- It could be you speaking to the camera or it could be a film of you doing things.
- It must be appropriate - SLT will be judging and checking
- We will share winners on Social Media so it is important that anyone in it is happy to have their photo on Twitter, Instagram, Facebook etc.

We look forward to receiving your entries



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Well being

There are lots of ideas about how to look after your well being. I wanted to share these simple ideas about **changing our mind set** which could greatly help our well being.



I'm stuck at home

I get to be safe in my home and spend time with my family

I will get sick

I will practise social distancing and follow advice about handwashing and that will significantly reduce my risk of catching it. Many people, especially the young, only get mild symptoms.

I will run out of items at home

My family is prepared and we will use items wisely, waste less, and we have what we need for now.

Everything is shutting down and I am panicking

The most important places will remain operational such as medical facilities, grocery stores, petrol stations, chemists.

There is too much uncertainty right now

Whilst I cannot control everything going on in the world right now, I CAN control my own thoughts and actions. I can practice mindfulness, deep breathing, contact loved ones and friends, eat healthily, exercise, sleep well, do activities I love at home, enjoy nature, carry on learning.

Remember this is not forever, and the future is still **bright**.

Be **kind** and **patient** with one another!

Follow us on **social media** to keep up to date with everything that's happening.

Every Friday we will be doing 'shout outs' for students who are 'Shining Bright'

