

Parent Bulletin - January 2021

HEADTEACHER'S MESSAGE

Dear Parents and Carers

After a very different start to our year than the one we were hoping for, we are now at the end of our third week of remote learning. Our staff are working extremely hard to ensure that your child receives good quality provision even whilst they are learning remotely. If you have any questions regarding remote learning then you will be able to find information about this on the 'remote learning' page on our website. Please remember that you are also able to speak with your child's Achievement Leader if you have any specific questions.

Whilst we are in lockdown and the school is closed to the majority of students it is important that students continue to engage with school as normal. As far as possible they should follow their **usual school timetable**. Sometimes their lessons will be 'live' lessons on Google Meet where they will have interaction with their teacher and the rest of their class, other times the learning materials will be placed on Google Classroom to complete during their timetabled lesson.

You can find their timetable here:

- Please click [here](#) for the Year 7 remote learning timetable
- Please click [here](#) for the Year 8 remote learning timetable
- Please click [here](#) for the Year 9 remote learning timetable
- Please click [here](#) for the Year 10 remote learning timetable
- Please click [here](#) for the Year 11 remote learning timetable

We also have **tutor time** and **assemblies** on Tuesday, Wednesday and Friday so that you son or daughter has pastoral support with their tutor, can address any particular issues and can also hear announcements about issues that are affecting their year group.

There are a number of key dates approaching for some year groups. We shall shortly be starting the **options process for year 9s** and this is explained later in the bulletin. We will also be writing to you on Monday about the process for signing up to **year 11 parent's evening** which will be held virtually later this month.

You will also receive a phonecall from us once a week so that we can check in, and find out how your child is coping with learning at home. Please use this opportunity to ask any questions if you are unsure.

Stay safe

Best wishes

Sarah Morgan
Head of School

TIMINGS OF THE SCHOOL DAY

Dear Parents and Carers,

We are currently not following the adapted timings of the school day. During lockdown, children of key workers will arrive and exit the school via Exning Road.

School will start at 8.45am and finish at 3pm

Kind regards

Jubair Ahmed

Deputy Headteacher

KEY DATES FOR PARENTS

Year 11 Parents Evening	Thursday 28th January 2021
Year 10 Parents Evening	Thursday 11th February 2021
Year 9 Options Evening	Thursday 25th February 2021

ASSEMBLY/TUTOR TIMES

Day	Time	Activity	<p>Dear Parents/Carers,</p> <p>Students will have two 15 minute tutor times with their Tutors per week and one 15 minute assembly every week.</p> <p>This is to ensure that we are checking on our students wellbeing and this is also so that we can deliver important messages to all students.</p> <p>Year 11 are particularly in need of some clear messages about the way forward at the moment so that they don't lose momentum.</p>
Tuesday	08:45-09:00	Assembly for all year groups	
Wednesday	08:45-09:00	Tutor time	
Friday	08:45-09:00	Tutor time	

REMOTE LEARNING UPDATE FOR PARENTS

Dear Parents and Carers,

The Blended Learning page on our website has been rebranded and is now called Remote Learning. However the contents are still aimed at providing you with clear guidelines about how we as a school will be working with you to support your child's learning during these challenging times. On this page you will find copies of your child's remote learning timetable [here](#).

We have also added a new page called Coronavirus Information that will support you with responding to frequently asked questions about remote learning.

<https://eastlea.newham.sch.uk/parents/corona-virus-information/>

Warm regards

Carlene Rowe

Assistant Headteacher

YEAR 9 OPTIONS PROCESS

Dear Parents and Carers,

Year 9 Options Evening will take place on Thursday 25th February. We are currently working on the programme. Full details will be placed on our website, sent via parentmail and posted home.

Warm regards,

Nazanin Shirani

Assistant Headteacher for KS3

OPTION ASSEMBLIES AND TUTOR TIME ACTIVITIES

Dear Parents and Carers,

In order to kick start the option choice process, students will be attending a series of assemblies and tutor time activities. Due to the current restrictions, these will take place virtually in Google Classrooms. The aim of these assemblies and these activities is to provide students with key information and guidance so that they are able to make the right choice of options leading to their career pathways.

More details will be provided as part of the assemblies, which will start from the week beginning Monday 25th January.

Warm regards,

Frantz Titot

Assistant Headteacher

COLLEGE APPLICATION REFERENCE PROCESS

Dear Parents and Carers,

It is the time of year when Year 11 students will complete college applications for their college/ 6th Form applications.

This year, references will be completed by a small group of six members of the team in order to ensure a consistent approach to the writing of references.

On Wednesday 13 January, Year 11s attended a special assembly, explaining the college application process. An activity has been given to students to fill the '[About me - student reference template](#)' in order to enable staff to complete accurate references.

Although many students have completed this process, some have not yet done so. It will be highly appreciated if you could encourage your child to complete the form as soon as possible and send it to their tutor no later than Monday 25th January.

Thank you for supporting the school and your child in this difficult situation.

Frantz Titot

Assistant Headteacher

YEAR 11 PARENT EVENING AND MOCK RESULTS

Dear Parents and Carers,

The Year 11 Virtual Parent Evening will take place on Thursday 28th January from 3:30pm - 6pm. The online appointment booking system will be available from Friday 22nd until Thursday 28th January at 10am. To book your appointment please visit the school website or use the following link - [Year 11 Online Parent Evening booking](#)

Mock results will be sent home the week of 25th January so this will be a good opportunity to discuss the results with your son/daughter's teacher.

We look forward to seeing you online on Thursday 28th January.

Duncan Bowyer

Assistant Headteacher

UPDATE FOR PARENTS ON NATIONAL EXAMS - 2021

Dear Parents and Carers of Year 11 ,

Please find a [letter](#) which has been sent to all parents in regards to up to date information for Year 11 students and Exams.

Kind regards

Duncan Bowyer

Assistant Headteacher

STUDENT GUIDELINES FOR ONLINE COMMUNICATION WITH TEACHERS

Dear Parent and Carers ,

We have put together a list of guidelines which you child needs to follow when communicating with their teachers. The aim of this document is to ensure that our students use formal and appropriate language when sending messages and by so doing, improve their standards of written communication.

I am asking that you share this information with your child and highlight the need for them to adhere to these expectations at all times.

[A-Student's-Guide-to-Online-Communication-with-Teachers.pdf](#)

Warm regards

Carlene Rowe

Assistant Headteacher

SUPPORTING LEARNING AT HOME

Dear Parent/Carers

National Literacy Trust

We know that the announcement of school closures presents an incredibly challenging time for all parents and carers. As we enter lockdown, we would like to share with you a set of resources that have been prepared by the National Literacy Trust. For children aged 13+, why not have a look at [Zone In](#)? Here you'll find the best tips to boost young adults' reading, writing, speaking and listening skills.

The Day Home Newspaper

The Day Home is a free, daily newsletter for parents and guardians at home with children, helping to enrich learning with real-life knowledge and skills. You can sign up for this newsletter here: [The Day Home](#)

Lockdown Learning from the BBC.

The BBC is once again bringing hundreds of educational resources together to help with home-schooling. Whether on TV, [online](#) or on social media, we have lots of brilliant content to help you learn at home. An outline of the programme on offer can be found by following the link below.
<https://bam.files.bbci.co.uk/bam/live/content/zb67dp3/pdf>

Kind regards

Carlene Rowe

Assistant Headteacher - Parental Engagement

STUDENT ENGAGEMENT

Dear Parent/Carer

While away from school your child should be encouraged to participate in a range of activities that support both their well being and academic development. The information below is designed to support you with generating some ideas about how best to approach such activities.

[Activities you can do at home KS3](#)

[Activities you can do from home KS4](#)

Warm regards

Carlene Rowe

Assistant Headteacher Parental Engagement

BEDROCK LEARNING UPDATE

Dear Parent/Carer

Your child now stands the chance of winning a £10 Amazon voucher for completing 2- 3 sessions of Bedrock Learning each week. The company responsible for this programme will be randomly selecting students for this prize.

Here is the [link](#) on how to access further information about this programme.

Warm regards

Carlene Rowe

Assistant Headteacher - Literacy Lead

SUPPORT FOR FAMILIES

Newham Educational Psychology Service

The EPS Parent Advice sessions are offered to any Newham parent or carer who would like to discuss concerns about their child with an educational psychologist (examples may include: your child's emotional well-being, challenging behaviours, learning progress, your relationship with your child or some of your own worries).

More information can be found [here](#).

Kind regards

Carlene Rowe

Assistant Headteacher - Parental Engagement

MENTAL WELLBEING TIPS FOR PARENTS

Dear Parent/Carers

We know this is a difficult time for everyone.

Every Mind Matters has tips and practical advice to help you look after your child's mental health while the family is staying at home.

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

Keep Your eye on Vitamin D

It's that time of year when we cannot make vitamin D from sunshine. To keep bones and muscles healthy, it's best to take a vitamin D supplement every day between October and early March. This is especially important because many of us have been indoors more than usual this spring and summer.

You can get vitamin D from most pharmacies, as well as supermarkets and other retailers. Just 10 micrograms a day is all you need – it's the same for kids and grown-ups.

You can read more about the importance of Vitamin D here

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

Change for Life

<https://www.nhs.uk/change4life/recipes/dinner#featured-recipes>

Online Safety

The National Online Safety Network has put together a set of guidelines for safer online shopping. You can read and learn more about it here.

[Top Ten Tips for Online Shopping.pdf](#)

You can also view the National Online Safety Network's guidance on online learning by clicking on the relevant links below.

[Online Learning Guidance for Parents.pdf](#)

[Online Learning Guidelines for Students.pdf](#)

Kind Regards

Carlene Rowe

Assistant Headteacher - Parental Engagement

WINNERS OF THE 2020 CHRISTMAS CARD COMPETITION

Dear Parent/Carer

We are delighted to announce the [winners of the 2020 Christmas Card competition](#). It was wonderful to see the creativity and ideas for the theme of spreading cheer and happiness.

More certificates and art-making materials than expected are being awarded due to the high quality of designs made. The different awards are gold, silver, bronze and honourable mention.

We also want to set up a virtual gallery to exhibit all the entries to show how talented Eastlea Community School students are.

Our students are truly an inspiration. Congratulations to everyone for participating.

Kind regards

Mary Greaney

Art Teacher

ONLINE SAFETY: TOP TIPS FOR PARENTS

Dear Parent/Carer

The thoughts of what your child might come across online can be worrying. However, [these](#) top internet safety advice can help make sure going online is a positive experience for you and your child.

For further advice and guidance, please refer to the information contained in this [leaflet](#)

Top tips

1. Discover the Internet together
2. Agree with your child rules for Internet use in your home
3. Encourage your child to be careful when disclosing personal information
4. Talk about the risks associated with meeting online "friends" in person
5. Teach your child about evaluating information and being critically aware of information found online.
6. Don't be too critical towards your child's exploration of the Internet
7. Let your children show you what they like to do online
8. Remember that the positive aspects of the Internet outweigh the negatives.

Links for Parents/Carers

- [Think U Know: Parents and Carers](#)
- [Internet Matters](#)
- [Childnet](#)
- NSPCC - [Online Safety](#) and [Net Aware](#)
- [Parent Zone](#)
- [Parent Info](#)
- [Parents Protect](#)

Frantz Titot

Assistant Headteacher

HELPLINES

Mental Health

- [CALM](#) call free on 0800 58 58 58
- [Samaritans](#) call free on 116 123
- Text "SHOUT" to 85258 or visit [Shout](#) online
- [Kooth Counselling](#) (10-16 year olds)
- Newham Talking Therapies on 0208 475 8080
- [Young Minds Parent Helpline](#) – 0808 802 5544
- [Childline](#) 0800 11 11



Domestic Abuse

[Refuge](#): National Domestic Abuse 24 hour helpline (0808 2000 247).

Bereavement

[Cruse Bereavement Counselling](#)
(0808 808 1677)

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