

Respect Honesty Compassion Resilience Industry Courage

# The Market Weighton School

*Expect More - Achieve More*

## Parent Newsletter

February 2021

ISSUE 71



Inside this issue:

Staying fit and healthy in lockdown

Holocaust memorial Day

Wall of Excellence

Share your views on our remote learning provision



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## Headteacher's Update

As we enter the final week of this half term I would like to thank all our staff, students and parents for your support with remote learning over the past 5 weeks. The staff have worked hard to adapt lessons and learn how to get the best from the technology. The levels of engagement from students has been excellent and I am sure parents have played a big part in this! Your positive feedback has been appreciated by staff and in order to capture that, and canvas your views on how we could improve things even further, we have created two on line surveys, one for students and another for parents. Please use the link below to complete the parent survey if you have not already completed it.

<https://forms.gle/7S6Yq7rdELRJLWij8>

We are always looking to improve the way we work and all feedback is important to us. I am sure we will keep some of the new ways of working, such as remote parent meetings, and we will be seeking your views on these later in the year. If you could also spare 10 minutes to go onto the Ofsted Parent View site and record your views that would be helpful as we are expecting a monitoring visit at some point this year.

We are aware that students (and staff) have spent much of their day in front of a screen over the past 5 weeks, so we have decided that the planned Personal Development Day on Tuesday 9th February will be a day when we encourage the students to get off their screens and do something practical. This was also one of the issues you raised in the feedback on the questionnaire. It is also child mental health week this week and we are sharing some strategies staff use to stay fit and healthy during lockdown together with links to various different websites that may be able to help if anyone in your family is struggling.

On Tuesday 9th February students will have one lesson, period 1, with their Tutors covering on line safety and wellbeing before being encouraged to choose from a menu of activities to complete during the rest of the day. We would like students to take some photographs and upload evidence of their efforts but other than that spend the day exercising, making and creating!

We know that remote learning will continue after the half term break for the majority of students with the Prime Minister due to announce a plan for a return from 8th March. I will write to parents once we know the details, including if we are required to carry out rapid COVID tests on all students before they return. For around 60 of our students their learning has continued in school over the past 5 weeks, we have continued to follow the normal curriculum and students have accessed the same lessons as those working at home. PE lessons have continued and we have been able to mark events such as Holocaust Memorial Day and the sad passing of Captain Sir Tom Moore through assemblies. The students heard about Captain Sir Tom's life and we could all identify how he has demonstrated all our school values of Respect, Honesty, Compassion, Resilience, Industry and Courage throughout his life. Particularly in the past year when he has inspired so many to raise funds to support others.

I hope that in my next newsletter we are talking about the return to school for all students and can look forward to a more normal summer at school. We are here to support you in the meantime and please do contact us if needed.

**Richard Harrison**  
Headteacher



# Personal Development Day Tuesday 9th February

Tuesday 9<sup>th</sup> February is our second Personal Development Day of the academic year and despite this very unusual way of working we will still participate in 'Safer Internet Day' and then offer most of the day over to the wellbeing of our students.

The aim is to vastly reduce the 'screen-time' for students, and hope you will support us by encouraging your child to take part in the menu of activities below:

- ✿ Cook a Spanish Omelette or French Crepe
- ✿ Take part in meditation
- ✿ Create a world using Lego or other building bricks
- ✿ Design equipment to help someone in their home
- ✿ Create a scene from a drama or dress up in character
- ✿ Make salt dough
- ✿ Take part in a 'forest school' activity
- ✿ Make a musical instrument
- ✿ Carry out some science experiments at home, making slime and lava lamp
- ✿ Clock up some kilometres for your House.



Your Child will need to make sure they have joined their 'Form Group' Google Classroom which should have been created by their form tutor.

Period 1 - 9.05am all students will have a Google Meet with their form tutor where they will look at strategies to support their mental and physical wellbeing during this extended absence from school.



From 10.05am and for the rest of the school day, We are encouraging students (and parents) to participate in the menu of practical activities which staff have prepared. There are a wide variety of activities from taking a walk, kitchen science experiments, cooking, construction and making your own musical instrument. Details can be found in the PD Day Guide on the website:

<https://www.themarketweightonschool.co.uk/personal-development-pd-day-tuesday-9-february/>

At the end of the day, we would love to see what your child has produced or taken part in during the day and would like them to send in photographs of their work to the PD Day Google Classroom, which they can join using this code: 7e7lve6

Please support us in making the a screen free day.

Finally, I would like to thank you and your child for working so hard during this extended absence from school as always if there is anything I can do to support you or your child during the period of remote learning, please do not hesitate to contact Mr Poulston who can help with any IT access issues.



## Staying fit and healthy in lockdown

With staff and students spending an increased amount of time in front of screens in the past 5 weeks, it is important to make time to get outside and exercise and do things that give your mind a break from the stresses of working at home and COVID-19.

Mrs Townend has launched a house competition to complete as many kilometres as possible, walking, running or cycling and every km will count as 1 house point. In the first week Wicstun took the lead with 500km but last week Burlington have steamed ahead and are now in the lead with 897km compared to 711km for Wicstun. Langdale and Londesbrough need to get out and walk, run and cycle this weekend!



Mrs Townend is clocking up the kilometres for Wicstun with a daily 5km run and Mr Harrison has been getting out on his bike to build up the kilometers for Burlington although he insists he has only logged 20km of the 60km ride he completed last Saturday. We have asked the staff to share what they have been doing to stay fit and healthy during lockdown.



Mrs Hartington enters running challenges to keep her motivated. "I ran 60 miles in September to raise money for Macmillan, the last 2 months I've been running the height of Mount Fuji (you get a medal which was my incentive), and I've just finished January race at your pace doing 30 miles. I run with my dog as part of a canicross group, but have had to go solo during lockdown. Having something to aim for is the key to motivation, that and creating a mega running playlist to listen to."



Mr Warner likes to get out with the dogs for a good long walk and some fun in the snow!

Miss Collins is a Ballroom and Latin dancer and usually practices 4 times a week. "During lockdown everything has been shut so in order to stay active we put on our practice wear and dance in the living room. We have even found online competitions to enter on Sundays to keep us happy and this improves our mental health. There are lots of online dance classes from around the country that under 16s and adults can do. It is fun and keeps your spirits high".





## Seeking specialist support for children and young people

Local children and young people's mental health services (CYPMHS) are continuing to operate and in many cases are providing support remotely. Children and young people or their parents or carers can also contact their GP or refer to [NHS 111 online](#). Local CYPMH services will also have information on access on their websites: many offer self-referral or single points of access.

NHS trusts have established 24-hour urgent mental health helplines in most parts of England for people of all ages. If you have urgent concerns about a child or young person,

you can find your local helpline [here](#) to discuss these with a mental health professional.

And remember to refer to your local children's services if you have any safeguarding concerns.

### **General information relevant to children and young people's wellbeing and mental health.**

These resources are dedicated to children's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

[SafeSpot](#) is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.

[MindEd's](#) advice and resources for families on supporting children's mental health.

[BBC's wellbeing resources](#) for families.

**Young Minds:** [a letter about how I'm feeling](#): worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.

[Mentally Healthy Schools](#): tools to support an emotional check-in with pupils.

[Mentally Healthy Schools](#): an anxiety thermometer as a wellbeing measurement tool.

[Mental Health at Work](#): Supporting Educators' Mental Health including during the pandemic. Round-the-clock one-to-one support by call or text from trained volunteers, plus resources, tips and ideas to look after your mental health.

[NHS](#): Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.

[NHS IAPT](#): free online NHS adult psychological therapies, such as cognitive behavioral therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your [Local IAPT](#) or via your GP.

[Cruse Bereavement Care](#): Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677

[MindEd](#): Coronavirus Staff Resilience Hub for frontline staff

[Headspace](#): Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.

[Centre for Mental Health](#): Supporting Mental Health during Covid-19: a brief guide

[Public Health England Every Mind Matters](#): Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.

[Public Health England](#): Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources.

## **Covid-19 specific children and young people's wellbeing and mental health support**

For young people who feel particularly overwhelmed and troubled by Covid-19, these resources are helpful ways to manage anxiety around the pandemic, with helpful tools on home-schooling and self-care during lockdown.

A [downloadable guide](#) from the Children's Commissioner for children and young people about the coronavirus, including proactive advice to support mental wellbeing.

The [Think Ninja](#) app educates 10–18-year-olds about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well. It has been adapted to Covid-19 to bring self-help knowledge and skills to those who may be experiencing increased anxiety and stress during the crisis.

The [Rise Above](#) website aims to build resilience and support good mental health in young people aged 10 to 16. The content has been adapted to Covid-19 and includes new mental health content based on insights from young people on remote schooling.

The [Every Mind Matters](#) website aims to support everyone, including children and young people, to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. It has been adapted to include advice and support about mental health issues that may have arisen because of the pandemic.

[The Young Minds website](#) – provides online information on COVID-19 and mental health support to children and young people.

## **Mental health support for parents and carers**

Keeping in mind that parents and carers can often be impacted by children's mental health, we have provided some select resources that can help adults better support children, and also find the help that they themselves might need.

[Public Health England advice](#) for parents and carers on looking after the mental health and wellbeing of children or young people during the Covid-19 outbreak.

[Online wellbeing resources for home education](#) - a list of mental wellbeing resources designed to provide guidance on how to support the wellbeing of children and young people being educated remotely.

[Mentally Healthy Schools](#): a range of free coronavirus and mental health toolkits with useful resources and guidance to support school staff, parents and carers through the challenges they face as a result of the pandemic. This includes:

- Resources for managing anxiety and improving wellbeing
- Dealing with the effects of lockdown
- Resources for building resilience

[Anna Freud](#): top tips to help families work together and support one another during the coronavirus outbreak.

[Barnardo's See, hear, respond hub](#): information for parents and carers to help with some of the challenges the pandemic has presented.

## Generous Donations of Computer Monitors



Mr Harrison receiving two monitors from Jacqui Gunn from Talking about Loss based in Market Weighton

Thank you to everyone who contributed to our Facebook request for flat screen computer monitors.

The response was overwhelming and has allowed our staff to use additional resources when delivering live lessons to students. Staff can now access students on one screen whilst using the other to display PowerPoints and lesson information to the students.

If you ever have any surplus IT equipment please do consider offering it to the school, it is always greatly appreciated.

## Communicating Positive Test Results

If a student tests positive during lockdown it is still important to let us know at school even if they are working at home so we can confirm we do not have any contacts attending school who would need to self isolate.

Any students attending **MUST** stay at home if they or a member of your household have any symptoms or has tested positive in a routine COVID test. Lateral flow testing in school is **NOT** for those with symptoms. Testing in school is to check for un-symptomatic cases only.

## Learn remotely; tools available for our students

**gysepod** 2.0  
education anywhere

**GOT A MOBILE OR TABLET?**  
Watch or download podcasts, take them with you anywhere and improve your grades today!

[LEARN MORE](#)

Works on all mobile devices, tablets and computers/laptops



**OAK NATIONAL ACADEMY**

**hegartymaths**

**epraise.co.uk**  
The award winning school rewards system

# Student Collection and Drop Off Point



To support the ongoing completion of work at home we re-created the drop off and collection point inside the main entrance at school. This will allow items to be left for students to collect or items to be dropped off. Students can walk up on their own as part of their daily exercise, ideally after lessons on line have finished, we are open from 7.00am to 5.30pm during lockdown. When collecting items please wear a face covering and use the sanitiser provided before and after sorting through

books. There are a large number of exercise books available to collect so please do try to call and collect them. Working in the exercise books for each subject will ensure notes are kept for revision later.

If you need anything message your teacher and they will arrange for the item to be left for you. We have also placed a stock of sanitary products in this area for anyone who needs them.



## Read to Succeed

One thing we can all do during lockdown, is make sure we keep reading. In a normal school week students read for 20 minutes at least two mornings each week and during one English lesson. Once a book has been read students take a quiz on Accelerated Reader.

Students have access to this from home so can keep quizzing and reading whilst not in school. There will be a quiz for most children's and teenage fiction books and several non-fiction titles have also been made available on line.

Follow the links from the Reading section on the website or from the student links page.

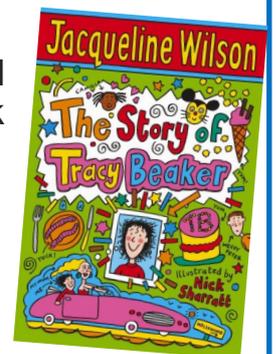


**Accelerated**<sup>TM</sup>  
Reader

**Students will have access to a free book every week while schools remain closed through the Oak National Academy website.**

Bestsellers by children's authors such as Jacqueline Wilson and David Walliams are available from today in a virtual library at the Oak National Academy

<https://library.thenational.academy/>



# Lateral Flow COVID Testing in School

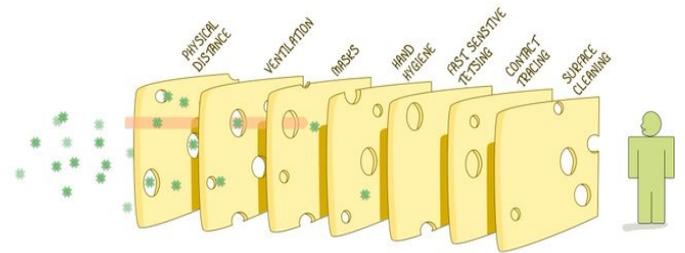
We are testing all staff in school twice a week and the students who are attending once a week to help reduce the chances of un-symptomatic individuals spreading the virus in school. Almost all the students in school are taking part and once the date for wider re-opening of schools is confirmed we expect to be able to offer these tests to all students as they return to school. These tests are ONLY for those without symptoms. The aim is to identify individuals who have COVID but do not have symptoms, these un-symptomatic individuals could be unknowingly spreading COVID in school. The tests are reported to be between 50% and 80% effective at identifying these cases, if they detect a positive you must get another COVID test done at a test center or order a home test kit. The lateral flow tests rarely give false positives.

This means even with in school testing we could still have staff or students in school with COVID but no symptoms as the tests will miss at least 2/10 cases. They will however remove at least 5/10 and so are worth doing to add an additional layer of safety. We must maintain all our other procedures to keep staff and students safe. Each procedure we have in place adds a layer of protection, likened to a layer of Swiss cheese in the model.

The graphic below shows what to expect when undergoing a lateral flow COVID test. We are awaiting government advice on if testing of all students will remain part of the strategy to get all students back into school.

## THE SWISS CHEESE RESPIRATORY VIRUS DEFENCE

RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT



EACH INTERVENTION (LAYER) HAS FAILINGS (HOLES).  
MULTIPLE LAYERS REDUCE THEIR IMPACT.

Jim O'Rourke  
VirologyDownUnder.com  
Derived from @SocietyOfMatters  
Version 1.0  
Updated: 11/02/2020



**NHS**  
Test and Trace

### HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

- YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED
- YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU
- BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART
- 10 SECS  
OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE

- REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS
- GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL. THIS WILL TAKE 10-15 SECONDS
- YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES
- AFTER THIS, YOU'RE DONE, GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP
- YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT

## Free school meals update and other support

'Edenred' supermarket vouchers are now being issued to all parents of children in receipt of free school meals (who are working at home) from Monday 18th January 2021 for the duration of the lockdown period. Over the February half term the East Riding of Yorkshire Council are funding the £15 voucher for all families in receipt of free school meals. The school will be issuing the vouchers to you on their behalf.

If you have any other concerns or are struggling in this difficult time our pastoral staff are there to support you and can help you access **support from a range of services**. East Riding of Yorkshire Council have funds available to support families with details available on our website with links to access support.

<https://www.themarketweightonschool.co.uk/free-school-meals-eligibility-arrangements-important-issues/>

## Internet Access

We have some temporary licences from BT to allow access to BT Wi-Fi hotspots for anyone experiencing poor reception. Please contact the school for further details.



## Holocaust Memorial Day

### Wednesday 27 January

Students at TMWS came together to remember the lives of all those that have been lost in the Holocaust and through genocide around the world.

A candle was lit for each student to bring "Light in the darkness" and to stand against prejudice.

Learning about events such as the holocaust and more recent genocides promotes our core school values of Respect and Compassion. Racism and bullying of any kind is unacceptable, and has no place in our school community, where we welcome all students to our safe and happy school.





## House km challenge

As part of our house sports competitions this year and over lockdown we are setting a km challenge. Every km you walk, run or cycle will get you a point for your house. This is for both staff and students. Use the form below to submit your km the challenge started on Friday so any kms you clocked up over the weekend and this week all count.

<https://forms.gle/1CAW4ym57trhfgUA>

Total KMS so far in 3 weeks **2223km**

1<sup>st</sup> Burlington= 897km

2<sup>nd</sup> Wicstun= 711km

3<sup>rd</sup> Londesbrough= 409km

4<sup>th</sup> Langdale= 206km

Lots of KMs for Burlington this week make sure you are logging your KMs for your house

<https://forms.gle/1CAW4ym57trhfgUA>



 <b>CATCH IT</b> Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.	 <b>BIN IT</b> Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.	 <b>KILL IT</b> Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.
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## Social Media Reminder

TMWS now has both Twitter and Facebook pages, please like and follow us to get our web updates straight to your phone.



## DATES FOR YOUR DIARIES.....

### Term Dates 2020-2021

Autumn Term	7 September to 18 December
Staff Training Day ( <i>Students not in</i> )	23 October
Half Term	26 October to 30 October
Spring Term	4 January to 26 March
Staff Training Day	4 January
Half Term	15 February to 19 February
Easter	29 March to 9 April
Summer Term	12 April to 26 July
Staff Training Day	12 April
Half Term	31 May to 4 June
Staff Training ( <i>Students not in</i> )	26 July



To note students are not in school on staff training days.

Respect    Honesty    Compassion    Resilience    Industry