



Reminders for Parents about Online Learning

Congratulations on getting through the first days and thank you for all your efforts in getting used to Teams and online learning. We're very grateful for all your support through these difficult times. Here are our top 5 online teaching reminders for parents:

- 1 It's a marathon not a sprint.** We're embarked on an ambitious programme of online learning, based around Office365 Teams. This is free to the pupils and they log in **each day** using their school username and password. Things will go wrong in the early days, but please stick at it.
- 2** We're still **following the school timetable** so print it off iSams and stick it on the fridge door! We've asked teachers to be online and available for 50% of their lesson time. Each teacher will make it clear to your son or daughter when they'll be expected online for a lesson on Teams. Keep an eye on the **Teams calendar** and highlight the lessons on the fridge door timetable so you know when we expect them online.
- 3 We need to work together.** We are tracking attendance and engagement, but this is a new challenge for us. We'd really appreciate your help in making sure your son or daughter **'goes to school'** each day and is fully focused on their learning.
- 4** Likewise, we'll need you to convey the **'human element'** on some occasions, especially in terms of commendations or misdemeanours which you'll receive via email. Please encourage them to keep things in perspective, keep calm and understand that this is new and complex for all of us. Conversely if lines are crossed, we'd hope you'd impressed on your son or daughter the need for them to behave well online and keep the Teams space as a learning environment.
- 5** Caring for your son or daughter's **mental health and well-being** over these coming months will be really important. Online learning will lead to an increase in screen time and this needs to be countered with structured 'offline' activities. You may also find the following useful places to turn to for support:

Pupils can still email their Form Tutor; SEND Keyworker; Head of Year; Housemaster.

Safeguarding Lead: James Hallsworth jhallsworth@lrgs.org.uk

Deputy Safeguarding Lead: Jonny Millatt jmillatt@lrgs.org.uk

Sister Moghaddam (School Nurse): cmoghaddam@lrgs.org.uk

Claire Dillon (School Nurse): Health & Wellbeing advice 0300 247 0040 Option 2

We Are With You (formerly Young Addaction) <https://www.wearewithyou.org.uk>

PAPYRUS is the national charity dedicated to the prevention of young suicide <https://papyrus-uk.org>

A.C.E 18 Sun Street Lancaster 'Pop In' Mon:10-19 year old 7pm-9pm & Wednesday :10-19yr old 5.30-7.30
<https://a-c-e.org.uk>

Carol Hope still available for Careers Advice through Di Gibbon dgibbon@lrgs.org.uk

Anna Freud (National Centre for Children and Families) <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Youth Work Support <https://youthworksupport.co.uk/young-people/>

Think You Know: Online Safety Home Activity Packs

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

NSPCC: Talking to a child worried about coronavirus (COVID-19)

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>



Expectations for Pupils about Online Learning

Congratulations on getting through the first days and thank you for all your hard work getting used to Teams and online learning. Here are our top 5 online teaching expectations for pupils:

- 1 School continues.** Your education is important, and you can't afford to let your learning slide. Well done to those students who're already regularly attending and engaging in their online lessons.

Remember, it's a marathon not a sprint. We know things will go wrong from time to time, but we **expect you to log into Office365 Teams each day** using your school username and password.
- 2** We're still **following the school timetable** so print it off and stick it on the fridge door! We've asked teachers to be online and available for 50% of your lesson time. The teacher will make it clear to you when you'll be expected online for a lesson on Teams. Keep an eye on the **Teams calendar** and highlight the lessons on the fridge door timetable so your parents know when we expect you online.

Be organised – structure your day and create productive, distraction free workspaces. Remember trying to process multiple stimulus like your work, the tv/music and social media will lead to cognitive overload where your brain will struggle to process everything.
- 3 The standards and expectations on Teams are the same as in 'normal school'.** If you wouldn't say it in class, don't post it on Teams. Irrelevant content and chatter aren't welcome - it creates noise which hides the content and instruction you and your classmates need. Remember to **be kind online** and that your **Teams posts are not anonymous**. It's helpful if you **mute your microphone** until it's needed.

Disruptive behaviour or offensive comments on the Teams platform **will not be tolerated**. If necessary, screenshots will be emailed to your parents and you may be suspended from the platform. The school's commendation and misdemeanour systems are still running.
- 4 Skills fall off if you don't practise** - make a list of the skills you'll need to frequently practise – languages; mental arithmetic; recall of key terms and facts; sports skills and techniques. It'll be more difficult for these skills to be practised in online lessons, so it'll be important for you to keep on top of them when you're not online.
- 5 Health is wealth.** Look after your health and well-being. Get up and dressed at the same time that you normally would for school, have a structure and purpose to each day. Online learning will lead to an increase in screen time and this needs to be countered with structured 'offline' activities so **don't stay online during breaks in lessons**. You may also find the following useful places to turn to for support:

You can still email your Form Tutor; SEND Keyworker; Head of Year; Housemaster; help@lrgs.org.uk

If you're worried about someone contact the school's safeguarding leads: Mr. Hallsworth jhallsworth@lrgs.org.uk or Mr. Millatt jmillatt@lrgs.org.uk

Sister Moghaddam (School Nurse): cmoghaddam@lrgs.org.uk

Claire Dillon (School Nurse): Health & Wellbeing advice 0300 247 0040 Option 2

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