

Stay Safe, Stay Learning. Distance Learning from 27-04-20



**Ysgol Uwchradd
Prestatyn
High School**

Dear pupils:	Dear parents	Our teachers' commitment:
<p>We hope you are keeping well and safe, and that you are finding ways to use this difficult situation in a productive way.</p> <p>As a school we want you to stay safe at this time, but we also want you to stay learning. We hope you will be inspired to learn new and interesting things and develop skills to be an independent learner for the future.</p> <p>Below we have put together a structure and timetable for how you can learn at this time. We don't expect you to be working 9-5 or to be spending hours and hours at the computer, but we also want you to develop at this time. The timetable below is a suggestion and is how your teachers will set your work. Each subject will set one task per week using teams. You can then submit it to your class teacher for feedback.</p> <p>If you need to speak to someone for support with your work please contact your class teacher. If you would like support with anything else please contact your head of year who will be available via teams and their email.</p> <p>Stay safe, and stay well.</p>	<p>Thank you for the work you have done to support your children's learning at this unprecedented time.</p> <p>Following feedback from both parents and students we have added some further structure to the learning to aid pupils to balance their wellbeing with their learning progress. Pupils can pick which order they do things, and do not have to follow the timetable rigidly – it is a suggestion.</p> <p>We ask your support in the following ways:</p> <ul style="list-style-type: none"> - Ensuring that pupils set aside some time to complete school work. - Ensuring pupils have a productive working space in which to work. - Supporting pupils in their learning but also in their wellbeing and creative times. - Encouraging pupils to return work regularly to their teachers for feedback. <p>For any further support please contact your child's head of year by calling or emailing school via the main office.</p>	<p>Your learning in each subject will still be managed by your class teacher. You will be set one piece of work per week by each subject. Your teachers will focus on work which supports enjoyment of learning, supports literacy and numeracy skills, develops independent learning skills and develops creative and investigative skills. As a school we will also suggest ways to support your emotional wellbeing, family interaction and interaction with your peers.</p> <p>The instructions on each task should be clear and easy to understand. If not please don't hesitate to contact your teacher via teams or ask your peers for help in the team chat. Please remember, that your teachers do have a lot of students, but they will respond to your query as quickly as possible during school hours.</p> <p>Any ICT support which is required can be accessed by emailing support@prestatynhigh.co.uk</p> <p>Enjoy your learning!</p>

YEAR 7	Wellbeing (Physical)	Subject 1	Subject 2	Wellbeing (Social)	Enjoyment and creativity
Monday	Choose from one of the suggested physical wellbeing activities below	English	History	Choose from one of the suggested social wellbeing activities below	Do something creative – use the ideas suggested below as a guide
Tuesday		Maths	ICT		
Wednesday		Geography	RS		
Thursday		Design Technology	Science		
Friday		Welsh	MFL		

YEAR 8	Wellbeing (Physical)	Subject 1	Subject 2	Wellbeing (Social)	Enjoyment and creativity
Monday	Choose from one of the suggested physical wellbeing activities below	Welsh	MFL	Choose from one of the suggested social wellbeing activities below	Do something creative – use the ideas suggested below as a guide
Tuesday		Geography	RS		
Wednesday		English	History		
Thursday		Maths	ICT		
Friday		Science	Food		

YEAR 9/10	Wellbeing (Physical)	Subject 1	Subject 2	Wellbeing (Social)	Enjoyment and creativity
Monday	Choose from one of the suggested physical wellbeing activities below	Option B	English	Choose from one of the suggested social wellbeing activities below	Do something creative – use the ideas suggested below as a guide
Tuesday		Science	RE		
Wednesday		Welsh	Science		
Thursday		Welsh Bacc	Option A		
Friday		Maths	Option C		

Subject work will be set each week by class teacher on Teams

Wellbeing - Physical

It is recommended that we take part in 30 minutes of physical activity per day. Vary the types of activities that you take part in as much as possible.

Outdoor Activity

- Take a walk or cycle locally - what do you see, hear, smell?
- 'Fitness Fifteen' - walk / run for a quarter of an hour around the garden, up and down the 'drive'
- Football, netball / or basket (bin as basket) skip
- How about exercising on a trampoline?

Indoor workouts

- Take part in online 'YouTube' workouts.
- Do some Yoga - there are plenty of instruction videos online.
- How many push ups or sit ups can you do in 5 minutes? Can you beat this target the next day?

Additionally, there are lots of physical challenges on the school website on the wellbeing page. Your PE teacher will add new challenges for you to do. How many can you complete?

Wellbeing - Social

Being a part of the community and displaying support for each other and acts of kindness are important during this challenging time.

Outdoor Activity

- Help the household by doing some chores e.g. Clothes on line, Brush your back yard, collect any rubbish (using gloves), tidy up any sport equipment, water flowers and plants, plant seeds and care for them, weed the garden (using gloves),...
- Do something positive for your local community e.g. post positive messages to others whilst on your daily walk / leave gifts outside the doors of others (e.g. elderly neighbours) that are self-isolating (with parental supervision). Litter pick your street or local green space, paint some rainbow rocks and leave them in the community.

Indoor Activity

- Help the household by doing some chores e.g Wash, dry and put away dishes, wipe down work surfaces, clothes in wash basket / washing machine, clothes in correct drawers/wardrobe, vacuum, mop, check date of food in fridge, plan a weekly menu and contribute to the cooking/preparation of meals,
- Write letters to family, friends and neighbours who are isolated - you could design your own cards for this.
- Speak to your friends via message or facetime. How are they doing?

<p>Enjoyment/Creativity Doing things we enjoy but wouldn't usually do is really important during this time. It is a time where we can learn a new skill, find a new passion or really practice one we already love.</p>	<p>Wellbeing – Personal We would usually interact with many people during the day. This period involves social isolation, which means a significant change for us all.</p>
<ul style="list-style-type: none"> • Learn a new skill e.g. learn how to make something. It could be a model, Origami, or something practical around the house. • Read. This is one of the best ways to boost your creativity! • Find out some facts about a place you would like to visit after this time is over – present it in an interesting way to your parents • What are you interested in? Find your passion and work on that. Be it singing, a musical instrument, cooking, painting, • What plants are in your garden – use an app such as 'picture this' to discover what plants are in your garden or whilst out on a walk. • Learn how to bake or cook something new, maybe try out a recipe you find online. • Visit some arts website such as: Tate for kids https://www.tate.org.uk/kids or Arts council for Wales https://creativelearning.arts.wales/creative-learning/creative-learning?_ga=2.119794184.1449904586.1586256682-427205998.1586256682 <p>Your creative Arts teacher will also set some creative challenges on the wellbeing page of the school website.</p>	<p>Communicate with others</p> <ul style="list-style-type: none"> • Keep in touch with family member, friend on the phone, skype chat, FaceTime etc. – talk more about what you have been doing. • Write letters to older relatives, friends or neighbours and post to them. • Make a video of something you do, talk about it and share it with the teacher. <p>Mindfulness and self-care</p> <ul style="list-style-type: none"> • There are excellent tips on websites such as https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/ and https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/ <p>Eating healthily</p> <ul style="list-style-type: none"> • NHS https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/ • British Nutrition Foundation https://www.nutrition.org.uk/healthyliving/helpingyoueatwell.html <p>Reading</p> <ul style="list-style-type: none"> • Read – spend some time quietly reading – escape to the different worlds books can take you. <p>Each week mindfulness/personal wellbeing activities will be set on the wellbeing area of the school website.</p>

Other ideas: Keep a journal – in years to come we will look back on this time, so why not keep a log of what you are doing in this time. This could be a written diary, a blog, a vlog or even a podcast type diary. Look for a positive thing each day which you have enjoyed or something which you have achieved.

Make a time capsule

Write a letter to key workers to thank them for their amazing work.

Contribute to the Denbighshire archive campaign: Instructions here:

<https://denbighshirearchives.wordpress.com/2020/04/14/my-life-during-lockdown/>