

The Key Education Centre

Weekly Newsletter

Week Commencing 6th April 2020

Easter Holidays...ish

For the next two weeks we are, to all intents and purposes, on our Easter holidays! At this stage, neither of the schools are open and pupils/parents/carers/teachers can have a break from the trials of remote learning.

We have provided some ideas for activities pupils can do during the 'break' and will be sending out another set of work packs in preparation for the start of next term.

At this point, we have no further updates on when we will return to school, but will keep you updated with any developments.

Year 11 Exam Updates

A letter to our Year 11 pupils with more information from Ofqual about how GCSEs will be graded this summer can be found on the website.

In summary, teachers will be asked to provide **centre assessment grades** for each pupil, for each subject they are entered for. These will also be rank ordered. Once submitted, they will be entered into a 'super computer' which will factor in other data such as KS2 grades. Teachers are not allowed to discuss centre assessment grades with pupils or parents.

There is no requirement for any GCSE coursework to be finished and the English Language Spoken Language endorsement will also be generated by teachers and submitted as centre assessment grades.

We are still awaiting updates on BTEC courses but the current advice is that pupils should continue with coursework.

If you have any questions, please contact Miss Wood
e.wood@thekey.hants.sch.uk

Tips for Pupils: Get a routine!

We're now two weeks into the world of lockdown and it isn't realistically going to be over any time soon. It is so important that you establish a routine and don't spend your day wandering around in your pyjamas watching endless Netflix or playing on your games console. Without some sort of routine you will:

- get moaned at by your parents/carer
- find your days really drag
- ruin your sleep patterns
- put your mental health at risk

Your routine doesn't have to be intense but it should include:

- getting up at a reasonable time
- making your bed
- washing regularly
- getting dressed
- Approx. 2 hours of learning – in term time!
- eating at set times – it's really easy to graze the whole day but remember that you are eating more food now than your parents/carers normally have to provide for you and everyone is restricted on how often they can shop!
- Some form of exercise (see the tips on the next page)
- Going to bed at a reasonable time!

Read all about it... Lockdown has provided us with the much needed opportunity to create our Facebook page! We hope that this will prove to be a beneficial way to communicate and share information with our families. It isn't appearing in the search function at the moment but can be found at the following link
<https://www.facebook.com/thekeyeducationcentre/>



Easter 'Holiday' Ideas

Life Skills

Living in a house with all your family and no one leaving is HARD WORK! Even as adults we are struggling.

So, it's time to pull your weight and practice some Life Skills!

Things to do:

- Washing up
- Cook dinner
- Load the washing machine
- Hang up washing
- Hoover
- Tidy your bedroom
- Take the bins out

The opportunities are endless! Create some harmony in your home and help your parents/carers out!

Coronavirus Diaries!

The ever changing nature of the Covid-19 pandemic and life in lockdown can be quite concerning. It is also a very unique experience that (hopefully) we won't have to go through again in our lifetimes. Why not have a go at keeping a diary of life in lockdown! Many of you are used to talking to staff about your frustrations and worries so a diary would be a good way good to support your wellbeing. It doesn't matter what you write and no one will read it – give it a go!



PE – Keeping Fit!

Staying at home doesn't mean you can't exercise!

Every morning **Joe Wicks** is continuing to run his PE lessons from his living room via YouTube. Go to the channel 'The Body Coach TV' or search 'PE with Joe Wicks'!

We've also been informed that Tyson Fury is doing really good workouts on Instagram and that they are well worth checking out!

This week's workout for you:

10 reps – Mountain climbers

10 reps – Jumping squats

45 second plank with shoulder taps

30seconds of high knees

10 walkouts

10 scissor kicks

Repeat this 3-4 times!

Good luck!

Hold a wall sit for as long as you can!

Challenge – Can you master this plank routine to The Cha Cha Slide?

https://www.youtube.com/watch?v=x_YFkVSp34s

Be a SuperCook!

Kirsti Spice has been suggesting to some of our Gosport parents that they look at downloading the free app SuperCook. You put in the ingredients that you have in your fridge and cupboards and it will generate recipes and ideas. It's great for looking at using up all the odd bits you have and the tins you have won in tombola's and raffles.

Real life maths at home

Mrs Sherwood has suggested the following ideas to help your children with maths when at home.

Cooking or baking at home – weighing out ingredients. Changing between units of grams and kilograms.

Measuring – How long is a footstep? How many footsteps to the end of your garden? How long is the perimeter of your garden/local field

Money – Using different coins to sort out change. Working out the change from a weekly shop.

Games – Any games using numbers; monopoly, cards, Uno, bingo, anything with dice.

Times Tables – Help them to learn any times tables they don't already know. Play maths bingo. There are lots online or make your own on paper.

Mel's Coronavirus Creations

Our DT technician Mel from the Gosport Site has been using her time to get creative with some left over wood. So far she has created a lovely bug hotel! Watch this space for more of Mel's creations!



Doing our bit!

Some of the staff have decided to do what they can to help the national effort in response to the Coronavirus pandemic.

Many staff are supporting elderly neighbours, volunteering to support the NHS as Volunteer Responders and Ms Drew is waiting on a delivery of material so that she can start making scrubs for NHS staff.

But you don't have to be doing extra! Staying at home and slowing the spread of Covid-19 is enough!

Creative Challenge...

Many pupils will know that Mrs Forde-Nassey has a tendency to find really ugly or weird things and think that they are brilliant! This week Mrs Forde-Nassey was reunited with a long-lost toy 'Polly' and was overjoyed...I think she makes 'Beautiful' the monkey look less terrifying!



Beautiful



Polly

Challenge – design or create a new addition to Mrs Forde-Nassey's collection of oddballs!

TikTok

Why not try out some of the TikTok challenges and see if you can master the FOOT SHAKE DANCE!

Remember you should always use apps with caution and it is important to be safe on social media! Don't share your content with people you don't know and never engage with strangers online!

Other updates & information for families

Reminders and Next Steps

We don't know what the timescale is for our return to school so we are incredibly mindful that it is an ever-changing situation and thank you for your support in working with us over the last week.

Please can we remind you that both sites are currently closed due to a lack of requirement for the provision. Please contact adminoffice@thekey.hants.sch.uk if your circumstances change and you believe you are entitled to provision under the government criteria.

Welfare Checks

Welfare checks will not be taking place over the two week 'break' but they will resume from the 20th April. As part of our normal safeguarding responsibilities all pupils/parents should receive a welfare call from one of our welfare team. The team includes:

GOSPORT

- * Kirsti Spice – Home School Link
- * Jane Hiscock – Pastoral Support

HAVANT

- * Kerry Loader – Home School Link
- * Kirsty Regan – Pastoral Support

Free School Meals

Those members of the school community who are entitled to Free School Meals should be receiving or have received a voucher in the post. The government have also released information about the scheme which will support families on Free School Meals. The welfare team will be providing guidance and support for parents entitled to this service.

We would also suggest that families who may now be entitled to Free School Meals begin the application process as soon as possible!

Educational Health Care Plans - Update

Information and advice from Hampshire County Council for families, education providers and support services about children with special educational needs, education health and care assessments and education health and care plans can be found on our website.

Financial Advice

We don't profess to be experts but are keen to give support and advice where we can to support families during this time.

Our welfare team have been given some information about useful sites that you can use

Helpful Addresses

Citizens Advice -<https://www.citizensadvice.org.uk>

Department of work and pensions-

<https://www.gov.uk/government/organisations/department-for-work-pensions>

Step Change debt advice charity -

<https://www.stepchange.org>



PROTECT THE NHS

save lives

Please stay safe, stay home where you can and please remember that the school are here to support you should you need us. Please contact us via adminoffice@thekey.hants.sch.uk