

The Key Education Centre

Weekly Newsletter

Week Commencing 30th March 2020

The Show Must Go On...

In order to prevent pupils getting out the habit of learning, we have provided all pupils with a work pack which should have arrived last week. Whilst there is no requirement for schools to provide education at this time, we are keen to support you in staying engaged with your studies and we hope you will bear with us as we establish the most effective ways to support you with this.

Each week we will provide you with an update of some of the activities that you can be getting on with as well as providing some links to online resources that you can access.

Tips for Parents: Surviving Remote Learning...

Teaching your pupil or supporting with work can be a very stressful experience. It is so important that during this time you do not put too much pressure on yourselves or the pupils to complete the work set. Some work will be easy, some work will be difficult. As teachers we have a lot of experience in supporting pupils with a range of needs to access their work but unfortunately home learning doesn't overly support that. Be patient with pupils when they struggle. You might be surprised by what they find difficult. Also remember that the way you learned to do something (particularly in maths) may have changed and your approach may cause confusion.

More importantly, remember that we don't know how long this situation is going to last and it is important to maintain positive relationships. It is our job fill the gaps when we return, so take this opportunity to work on your relationships and enjoy family time with teenagers who are probably a little less inclined to sit in their rooms all day!

Goodbye Year 11

As you will be aware, the government announced the decision to cancel all public examinations due this year. This came as quite a shock and led to an abrupt ending to our Year 11's time with us. The work packs that have gone out to Year 11s pupils were made prior to the announcement and will not contribute towards any grading for GCSEs. However, if you want to keep your minds engaged and in good learning habits we are more than happy to support this!

A letter to our Year 11 pupils with more information about next steps will go out this week with more information.



Online Learning

There are a number of really effective online learning sites which we will be recommending but we are aware of the difficulties some families are having around access to/sharing IT equipment. If you do not have access to IT equipment please let us know when you receive one of your welfare calls and we will endeavour to support you with this

**Alexa,
homeschool
the children.**



Remote Learning Ideas

Maths – MyMaths

All pupils should have received a letter in their work packs giving information about logging into MyMaths.

MyMaths is a great online resource with endless tasks that are suited to pupils of all abilities.

Please let us know if you don't have a log in and we can arrange this.

English – News Report

Write a newspaper article about life in lockdown!

You can find advice for writing articles at <https://www.bbc.co.uk/bitesize/topics/z2yycdm/articles/z2gk9qt>

Food Tech – Cupboard creations!

Have a go at cooking dinner for your family one night or doing some baking! Look at the ingredients you have in the house and then google some ideas/chat through some ideas with your parents/carers.

Write down your recipe and take some photos if you can!

Then get some feedback and think about how you might improve your recipe for next time!

PE – Keeping Fit!

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

Every morning **Joe Wicks** is running PE lessons from his living room via YouTube. Go to the channel 'The Body Coach TV' or search 'PE with Joe Wicks'! The reviews have been really positive with many adults realising that they're really unfit!

Another task you can do is to create your own body weight workout routine. Some of you will have done circuits with Shannen so will have some ideas already. If not, you can google 'Body weight exercises' and there are loads of ideas!

You will need to do at least 10 reps of each exercise and repeat the whole routine 3-4 times to get a good sweat on!

Email us with your routines and we will give them a go!

One to try:

10 reps – Mountain climbers

10 reps – Squats

45 second plank (keep your bum down)

30 jumping jacks

10 walkouts (google these)

10 sit ups

Repeat this 3-4 times!

Good luck!

Websites

Blockly - <https://blockly.games>

Learn computer programming skills - fun and free.

Crest Awards - <https://www.crestawards.org>

Science awards you can complete from home.

Ted Ed - <https://ed.ted.com>

All sorts of engaging educational videos

Futurelearn - <https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).



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

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 Reagan – 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. However, we are aware of the significant difficulties that many of our families are facing at this time. Should you have any concerns, please raise this during your welfare call and we will do our best to help.

Emotional Well-being and Mental Health Support

CAMHS

Hampshire Child and Adolescent Health Service (CAMHS) have provided some guidance for young people about Coronavirus and how they are working to support young people at this time. Information can be found at the following link

<https://hampshirecamhs.nhs.uk/help/young-people/coronavirus-help-support-and-advice/>

Please also find information below about the service 'Think Ninja' which is a free mobile app for emotional well-being and mental health

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>



**DURING WORRYING TIMES
SUPPORT IS JUST A CLICK AWAY.**

For your emotional well-being and mental health, download...
thinkNinja for free!

Supporting young people

Healos NHS Place 2Be

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

WHY YOUNG PEOPLE ARE USING thinkNinja

Beat exam stress
Boost their mood
Cope with difficult feelings
Deal with negative thoughts
Reach their personal goals
24/7 support from WiseNinja, their personal coach
Through a digital channel natural for young people

WHY THINKNINJA?

- Addresses the recommendations of the NHS Green Paper
- Increases access to mental health support for Young People in line with the aims of NHS Five Year Forward View for Mental Health and the Long Term Plan
- ThinkNinja enables Young People to seek advice and support without fear of stigma
- Natural alignment with the MHST Trailblazer sites
- Can be easily integrated with local targeted offers, particularly as part of a 'whole school' approach to support mental health

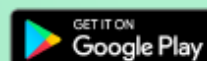
FIND OUT MORE

Contact us and ask to speak to the ThinkNinja team
info@healios.org.uk
Telephone 0330 124 4222
www.healios.org.uk/services/thinkninja1

thinkNinja



**EMPOWERING YOUNG PEOPLE TO
MANAGE THEIR MENTAL HEALTH
AND EMOTIONAL WELLBEING**



BUILDING RESILIENCE

What is ThinkNinja?

ThinkNinja is an app designed for 11-18 year olds to help with:

- Mental health education
- Develop coping strategies for emotional wellbeing
- To provide skills young people can use to build resilience and overcome symptoms of anxiety and low mood



Meet the WiseNinja

Every user has their personal coach, the WiseNinja, who is powered by artificial intelligence and has all the skills of a clinical psychologist.

thinkNinja

Support When It's Needed

As part of early intervention, ThinkNinja has two clinical step up chat features with a Healios professional for young people to activate if they feel they need more support. The first step is an easy text chat service, and as a second step, a video-based clinical intervention.



EARLY INTERVENTION

Evidence-based foundation

ThinkNinja is built on evidence-based psychological techniques, co-designed by specialist child clinicians and young people, to provide access to a range of techniques and skills that empower the user to improve their mental well-being and emotional health.



As an early intervention, ThinkNinja aims to help develop resilience and overcome symptoms of low mood and anxiety.

CLICK THE LOGOS TO DOWNLOAD OR VISIT THE RELEVANT APP STORE

