

Dear Parent/Carer

It has been a very unusual week at Seaford Head School and I would like to take this opportunity to update you following the government statement that schools are closing on Friday afternoon. We have managed to remain open for all year groups this week but from Monday we will be making provision only for those students who are considered 'vulnerable' or are the children of 'Key Workers' on our Steyne Road site. The criteria for both these categories are extremely strict and individual parents/carers will be contacted outside of this whole school communication with further details regarding this provision. If you think your child may qualify for this provision and you have not been notified please contact the school on 01323 891623. I would like to reassure the vast majority of our students, who do not fall into either of these two categories that we will remain focused on your learning and development even though you are not physically in the building. It has not been confirmed when you will be returning to school, but for this period of enforced closure we will be supporting you in the following ways:

## Learning

Our core business and overarching priority is our students' learning. During the closure it is vital for students to continue to develop their learning and to progress academically. Students' learning activities are signposted from the school's website and will be set in accordance with the school's timetable. Teachers will communicate through FROG, Office 365 or email. We expect tasks to be completed to a good standard and students will be recognised and praised for good work completed; every piece of good work submitted will automatically be rewarded with a House Point. Staff will set work which students will find engaging and useful, linked to the curriculum they would have been taught were they in school. We will continue to be 'teaching' the students. Our methods may have changed but we will still be giving feedback and helping students improve their knowledge base.

We are very aware that keeping students motivated to learn at home can be challenging for many families. Some parents/ carers will be fully confident with this, but in case any of us begin to struggle in the forthcoming weeks, some of these tips may be of use;

- Plan a timetable for the day with chunks of time for school study, breaks, TV/social media, family time. Plan time, to relax as well as time to work.
- Start your new structure straight away as it will be hard to put in place once children have got into bad habits (e.g.12 hours a day on a Playstation)
- Plan exercise within your routine. This might be through an app, YouTube videos, running up and down the stairs, in your garden or further afield.
- Talk to your children about fitting in your work with their work (if you are working from home as well); negotiate where necessary!
- Monitor the amount of time your child is spending on social media
- Monitor the sites that your child is visiting to ensure their safety
- Encourage reading – read a challenging novel and then reflect on the main themes and the motivations of the major characters
- Maximise family time and take the opportunity to learn together through cookery, hobbies and generally spending time with each other; some of the project tasks will help with this
- Test yourself; use past papers to assess your learning and deepen your understanding

Many of you may have seen on social media some different approaches to try. We know, from class teaching, that it's important to have a routine, but also to vary the learning styles and content. If you do find anything that really works, please let us know and we can share ideas with each other. Our Assistant Head teacher Mr Jon Waite, who leads on Teaching and Learning at the school will be monitoring this provision.

**Seaford Head Academy Trust**

**Mr R Ellis, Headteacher**

Arundel Road, Seaford, East Sussex, BN25 4LX  
01323 891623 / [reception@seafordhead.org](mailto:reception@seafordhead.org) / [www.seafordhead.org](http://www.seafordhead.org)

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If you have any feedback or suggestions on how this could be developed please contact him at [jonwaite@seafordhead.org](mailto:jonwaite@seafordhead.org)

### Exams

It is not yet clear what precise changes will be made to exams this year. The current advice is to keep preparing for exams as normal. This is clearly an unsettling time for our students in Year 11 and 13, but they will continue to receive feedback and advice from their teachers; the tasks they are completing now will support their progression onto the next stage of their education. For our students in Year 10 and Year 12, this is particularly significant as they are missing a considerable amount of GCSE/A Level learning time in school and must keep up to date with their studies. Exams such as RS, that were scheduled for Year 10 will be postponed until Year 11.

### Access to Computers

Thank you for letting us know about the children who don't have access to a computer or the internet at home. Please encourage them to treat the laptops carefully; we will need them for learning when we open again. We have also ordered dongles, so that students will have access to online packages such as Hegarty maths and Seneca learning. In terms of laptop allocation, priority was given to SEN and PP students. If you have any difficulties in accessing the various learning platforms please contact [CloudSupport@seafordhead.org](mailto:CloudSupport@seafordhead.org). This is a great opportunity for our students to develop their independent learning and ICT skills, which will be of great benefit to them in the future. We are here to offer support if they face difficulties at any stage in terms of accessing materials or completing tasks.

### Communication

All of our lines of communications will remain open, our phone lines are open and our emails are being monitored. For every student with SEN, they will be assigned a link member of the SEN department who will check in with them on a regular basis, to ensure they can access their work and to provide any support that is required. Our Assistant Head and Lead for Inclusion, Ms Smith, will be monitoring this provision and can be contacted at [Josmith@Seafordhead.org](mailto:Josmith@Seafordhead.org). The first port of call for all communication is the school's website and Mr Purdey, our Associate Head teacher, who leads on enrichment and extra curricular provision. He will be monitoring this and would appreciate any feedback relating to how this "signposting" can be improved. Mr Purdey can be contacted at [Jonpurdey@seafordhead.org](mailto:Jonpurdey@seafordhead.org).

### Pastoral

We remain fully committed to supporting student wellbeing and we will be aiming to keep in touch with students and their families. These are exceptional circumstances, and very difficult times for so many people. I am really sorry that we cannot keep school open. Please be assured that none of us will be reducing our commitment to supporting our students; that we are still 'at work' and here to do our jobs even if remotely, and that we care deeply about the students and will ensure they do not suffer from this closure. This high quality provision and support will ensure that Seaford Head students continue to make accelerated progress.

Within their pastoral role, our team will be checking that all is working well for the students in every year group. This will include phoning home occasionally to talk to some students, as well as checking that all of them are able to access and complete the work set. We will not be using student phone numbers to make these calls, but may call parents/carers and ask to speak to your child; for some we believe that the reassurance of a conversation with Student Services staff or a Director of Learning will support them.

We are very aware of the need to support our students with their mental health and also ensure that any safeguarding meetings, referrals and discussions with the relevant services still happen. For free school

meals children , Chartwells have confirmed that a food box will be available to collect from Steyne site. More details will be sent to you in due course.

If you need to speak to Student Services our **school phone lines 01323 891623** will be open and Reception staff can pass on messages or requests for a parent/carer to be called back. If your child is anxious in the current climate and a chat with Student Services will help, we are happy to get involved with this as well. A member of the pastoral team will be available from 8.30 am to 3.30 pm each day and their emails are also available. Ms Kaukolahti leads student services and can be contacted through [LeilahKaukolahti@seafordhead.org](mailto:LeilahKaukolahti@seafordhead.org) . Mr Whittaker, Head of Inclusive Learning and PSHE can be contacted at [samwhittaker@seafordhead.org](mailto:samwhittaker@seafordhead.org)

#### Mental Health and Student Self-care

Should we reach a point where all households are asked to stay indoors - akin to the measures currently in place in China, France and Spain, student mental health may become more of a concern. Of course many students have access to their friends virtually and need no encouragement to use this! Attached to this communication is a list of services which can support students and their families. To support students' mental health this year, we have engaged with Andrew Wright at 'Action Your Potential' and emphasized the importance of the 12 rocks of well - being. Action Your Potential's website can be accessed at [www.actionyourpotentialtoday.com](http://www.actionyourpotentialtoday.com) (password Neocortex123) and Andrew can be contacted through: [actionyourpotential@gmail.com](mailto:actionyourpotential@gmail.com) . Lots of our students and their families have attended Andrew's seminars and there is a range of material on the site that is extremely helpful in terms of maintaining your wellbeing.

I would like to conclude this communication by thanking our fantastic team of staff who have worked tirelessly to keep school open to all year groups this week and who are already planning high quality resources for students to access remotely in the weeks ahead. For the small number of students who will continue to attend school, we will be collectively planning with the Seaford Primary schools and early year providers to ensure that the needs of our most 'vulnerable' students and the children of 'Key Workers' continue to be met. This will allow our vital community services to continue to function and see us through these unprecedented times. There has never been a more important time to be kind and look after each other. Thank you for your support.

Yours sincerely



Mr R Ellis  
**Headteacher**

# SUPPORT FOR SECONDARY PUPILS



You may be worried about the Coronavirus (COVID-19), or other things going on in your life. Here is a list of support services, information sheets and tips you can use to protect your mental health. Some of these organisations also have helplines or email and text services where you can ask for advice while school is closed.

Young Minds explains about mental health problems and how to protect your mental wellbeing  
<https://youngminds.org.uk>

Childline have advice on their website plus a phone and email support service 0800 1111  
<https://www.childline.org.uk>

Connexions 360 East Sussex has information on health and wellbeing, study, and your finances and right  
<https://www.c360.org.uk>

Youth Access have links to lots of organisations that might answer questions not covered on this list  
<https://www.youthaccess.org.uk/supernav/links>

Papyrus is the suicide prevention charity who are there to help you if you feel you aren't coping  
<https://papyrus-uk.org> (if you feel this way you *must* tell an adult you trust).

Health for Teens has good advice on everything from feelings to general health  
<https://www.healthforteens.co.uk/feelings>

The Mix has loads of tips for young people including these resources on mental health  
<https://www.themix.org.uk/mental-health>

Five tips for talking about your mental health via Bullying.co.uk <https://www.bullying.co.uk/advice-for-young-people/5-tips-for-talking-about-your-mental-health>

The Children's Society have information on a range of mental health topics and other problems you might be stressed about  
<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people>

BBC Own It shows you how to take charge of your life online  
<https://www.bbc.com/ownit>

Doc Ready explains how to talk to your doctor about your health  
<http://www.docready.org>

Help Me Out from BBC's Lifebabble answers all your questions about friends, family and your wellbeing  
<https://www.bbc.co.uk/cbbc/curations/lifebabble-help-me-out>

Mood Juice has free tools for relaxation and calming <https://www.moodjuice.scot.nhs.uk/asppodcast.asp>

Action for Happiness provides daily updates and resources on wellbeing <https://www.actionforhappiness.org>  
Class + [class@eastsussex.gov.uk](mailto:class@eastsussex.gov.uk) Call direct 01273 336887.  
CLASS+ [www.facebook.com/ClassPlusEastSussex](http://www.facebook.com/ClassPlusEastSussex)

E-motion – [www.e-motion.org.uk](http://www.e-motion.org.uk) – this is an online 'instant message' counselling service.

I – Rock Newhaven – emotional wellbeing support – [irocknewhaven@gmail.com](mailto:irocknewhaven@gmail.com)

Chat health - 07507332473 school nursing service

Blurt will send you regular tips to look after your mental health <https://www.blurtitout.org>

# SUPPORT FOR PARENTS AND CARERS



Currently we're living in a difficult and stressful period. You will have been given information on how to support your child's learning, and resources for their mental wellbeing. However, your mental health is equally important so the following organisations are here to help your wellbeing.

## MENTAL HEALTH SUPPORT

The Blurt Foundation will email you regular updates to boost your mood  
<https://www.bluritout.org>

Action for Happiness encourage you to find ways to stay positive and resilient  
<https://www.actionforhappiness.org>

Mind provides information on mental distress plus ideas for self care <https://www.mind.org.uk>

Samaritans are there to listen if you are feeling overwhelmed <https://www.samaritans.org>

CAMHS Sussex has advice on mental wellbeing for children and parents  
<https://sussexcamhs.nhs.uk/help-support>

Citizens Advice offers practical information about all aspects of your life  
<https://www.citizensadvice.org.uk>

The NHS have a range of apps you can use to promote your own wellbeing  
<https://www.nhs.uk/apps-library>

NHS information on Coronavirus  
<https://www.nhs.uk/conditions/coronavirus-covid-19>

A guide from Harvard University on managing fears about the Coronavirus  
[https://www.harvard.edu/sites/default/files/content/coronavirus\\_HUHS\\_managing\\_fears\\_A2%5B5%5D.pdf](https://www.harvard.edu/sites/default/files/content/coronavirus_HUHS_managing_fears_A2%5B5%5D.pdf) Plus this advice from the Mental Health Foundation on protecting your mental health  
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

The British Army hosts a free 8-week online course in Mindfulness  
<https://www.army.mod.uk/people/join-well/managing-stress/mindfulness-course>

## PARENTING ADVICE

Family Lives have fact sheets and a helpline to assist with all areas of parenting  
<https://www.familylives.org.uk>

Home Start provide parenting tips and mentoring  
<https://www.home-start.org.uk>

CBeebies Grownups has lots of practical advice  
<https://www.bbc.co.uk/cbeebies/grownups>

The NSPCC has tips on child safety and wellbeing plus ideas on how to communicate with your child  
<https://www.nspcc.org.uk>

Pooky Knightsmith is a therapist who offers mental wellbeing tips for all the family  
<https://www.pookyknightsmith.com>