



Highlands School News



8 January 2021



WHAT'S INSIDE

Message from the
headteacher

Remote learning

Coping with lockdown

World Religion Day

Messages from staff

Notices & contacts

STEM

Careers

MESSAGE FROM THE HEADTEACHER

I would like to start this week by wishing all members of the school community a Happy New Year.

I wrote to parents and carers this week to update them on arrangements for this half term. On the evening of Monday 4th January, Boris Johnson announced that schools would move to remote learning for all students (apart from vulnerable students and the children of key workers) until February half term. Arrangements for this period of remote learning can be found below in this newsletter. In some ways our remote learning provision will be unchanged from before Christmas, but we are making some improvements and I want you to know about them. For example, we will be expanding the use of live teaching so that some lessons are likely to be taught live across all year groups. We have also asked form tutors to make check-in welfare calls to all families. We have also introduced processes to closely monitor which students are completing work and communicate this to parents and carers.

Unfortunately, we do not have answers to all of the questions that students, parents and carers will have. GCSE and A-level exams will not go ahead in their normal form, we await government guidance on what they will be replaced with. We are still planning to hold a remote year 11 parents' evening on 20th January and we are planning to arrange post-16 pathway interviews with all year 11 students and their families on Monday 25th January in the evening. We are aware that year 8 and 9 students need to make their GCSE option choices for the upcoming academic year. We are putting plans together so that these decisions can be made in a timely and informed way. We have suspended year 12 mock exams until students can return to school.



@Highlands_sch



@highlandssch

As I am sure all members of the school community will appreciate, the changing guidance from the government has made it hard for us to plan and marshal our resources effectively, we spent the holidays preparing for mass testing and having students on site, only to have to change the focus of our efforts on Monday evening to remote learning for all students. However, the announcement to move to remote learning until half term at least gives us some certainty so we can focus our efforts on the right things for the next six weeks: making sure our remote learning provision is as effective as possible. Once the government updates us on their plans for GCSE and A level exams we can make sure we have robust plans in place in this area, too.

I would ask parents and carers to support students as much as possible with remote learning, particularly managing their time and keeping on top of workload. Although we want to give students the best possible learning experience, remote learning is not a substitute for being in school, and students will learn much more at home with the support and guidance of their parents and carers.

Going into lockdown and remote learning in the middle of winter will be a very different experience from the one we had in spring. Please know that any member of the school community can reach out to us via our staysafe@highlearn.uk email address. Our staff are committed to making sure that we all get through this period of lockdown successfully and get back to school and back to normal as quickly as possible. Please remember to read the newsletter every Friday as this is the main way that we communicate on all issues with parents, carers and the wider school community.

Please keep in contact with us, we are constantly trying to review and improve our remote learning and remote pastoral provision and welcome feedback.



Mr V. McInerney
Headteacher
Highlands School

CURRICULUM PROVISION FOR STUDENTS WORKING FROM HOME

Throughout the pandemic, Highlands School students will have utilised a variety of different learning branches.

These branches are:

- Remote learning (for those studying at home)
- Supervised learning (for those who are accessing remote learning at school)
- Newsletter (for all our community)
- Face to face learning (for all year groups)

Different branches grow and recede at different points.

Throughout the lockdown in spring, the vast majority of our students were learning through our remote learning provision. We will be using this branch for your child when they work at home.

Our remote learning principles:

- Students have access to the same high-quality lesson resources that they would do when in school.
- Students are able to engage in a dialogue with their teachers.
- There is minimum disruption to a student's timetable (sequence and number of lessons).
- Students feel reassured, safe and able to organise their time effectively.

The remote learning provision we have in place is underpinned by these principles.

Your child already has access to our learning portal, Google classroom, and this will be the vehicle through which their learning will be delivered.

Most lessons will be pre-recorded and either uploaded onto their relevant Google classroom that morning or scheduled to be released at the time that lesson would take place.

All your child needs to do is follow their timetable and log onto the relevant Google classroom, ideally at the time, the lesson would usually take place.

What has changed?

The main change that you should be aware of is that teachers will now be able to teach live lessons to all year groups, where appropriate. There is not a strong evidence base to suggest that live lessons are more effective than pre-recorded lessons, but staff may decide that certain material is better delivered live. Please note that not all staff are in a position to deliver live lessons. Whether the lesson is live or uploaded, your child will be provided with high-quality direct instruction at the time the lesson would normally be scheduled to take place. Any live lessons will be recorded and shared on Google classroom for your child to access should they not be able to access them at the time of delivery. If a teacher chooses to do a live lesson they will notify your child by email the night before the lesson is due to take place. This will give your child a chance to prepare themselves with the appropriate technology.

Live lesson protocol:

If your child is attending a live lesson they must ensure that they follow the expectations below. These expectations will also be shared with them directly in an email. If they do not follow these expectations they may be removed from the lesson by the teacher.

- Students should be appropriately dressed (eg - no nightwear).
- Students should have cameras turned off at all times.
- Students should behave appropriately, following the school's behaviour policy.
- Students' microphones should remain muted from the start of the lesson and only switched on if instructed by the teacher.
- The chat feature should only be used if instructed by the class teacher.

Head of year email:

If for some reason, your child notices that their learning is missing, they should contact their head of year by email immediately to let them know.

Please also feel free to give us feedback, as it helps us improve our remote learning provision.

- **Year 7** Ms Halstead halsteadr@highlearn.uk / Mr Moustafa moustafaK@highlearn.uk
- **Year 8** Mr Joseph Josephr@highlearn.uk / Ms Junker junkern@highlearn.uk
- **Year 9** Ms Berrill berrillv@highlearn.uk
- **Year 10** Ms Ace acen@highlearn.uk
- **Year 11** Ms Murdock murdockv@highlearn.uk
- **Year 12** Ms Theodorou theodorouj@highlearn.uk
- **Year 13** Ms Sheikh sheikhm@highlearn.uk

Pastoral provision**Key principles for pastoral provision:**

The school will be open for students who are in the vulnerable category as defined by the DfE, and for the children of key worker parents. Mentoring and counselling for the most vulnerable students will take place virtually. Safeguarding systems will be in place. Heads of year will oversee the pastoral needs of their year group during remote learning. Form tutors will conduct phone call welfare checks on students in their tutor groups.

Tutor phone calls:

Tutors will carry out welfare phone calls to all members of their tutor groups. Parents/carers should expect a phone call approximately once every three weeks. During the call, the form tutor will ask to speak to the student. Parent/carers and students can request a phone call from their form tutor or head of year by emailing the form tutor or head of year directly, or by emailing staysafe@highlearn.uk

Assemblies:

- The weekly assembly will be uploaded to each tutor group's Google classroom and students will be expected to engage with this.

PSHE (personal, social, health and economic education):

- From Wednesday 20th January we will launch a PSHE curriculum. These lessons will be uploaded every Wednesday morning and students should complete this work on a Wednesday as this is the day when all students have tutor time.

Year group support:

- Heads of year will check-in and communicate with their year groups via Google classroom.
- Students can email their form tutors or heads of year for support.
- Heads of year will schedule virtual drop-in sessions twice a week for students to have some pastoral time with their head of year and other students in the year group. Although these sessions are optional, we encourage students to attend for well-being purposes.
- Head of year contact names and email addresses can be found in the above section on remote learning.

Vulnerable student and key worker on-site provision:

- We will be offering in-school provision for children to meet the DfE criteria of vulnerable and the children of key worker parents. If your child meets either of these criteria and they cannot be cared for at home, then please [**complete this survey**](#) to book your child's place at school. This survey covers Monday 11th January to Friday 12th February. The survey will close on Friday 8th January at 8 am. Parents/carers who have a change of circumstances after this date should email jesuthasanc@highlearn.uk. Parents/carers should not send their child into school if they have not booked a place in advance.
- We understand that some parents completed the previous survey to request a place for their child for next week. We are asking all parents who require a place from next Monday onwards to complete the new survey.

School counselling:

- The school counsellor will move all counselling appointments to video or phone call appointments. Students who are not currently seen by the school counsellor, but would like the support of our counsellor should email staysafe@highlearn.uk

Mentoring:

- Key workers will offer virtual mentoring sessions for students on their caseload.

Free school meal students:

- Families eligible for free school meals should complete this survey if they would like to order a packed lunch for collection. We will send this survey out each week while we are awaiting further information from the government about provision for free school meal families.

Safeguarding:

- There will be a safeguarding team available each day. Our staysafe@highlearn.uk email address will be checked throughout the day. Students and parents/carers can use this email address for any safeguarding or welfare concerns.

IT support for students working from home:

Our IT team will be working during office hours and can be contacted on the email address itstudent@highlearn.uk. They can help with login problems that can not be resolved online.

There are a number of initiatives in place to support IT provision for home learning and resources are beginning to reach school for distribution.

It is important that students have:

- A suitable device to access the internet with a keyboard. This may be windows or chrome based laptop, a tablet device or other device with a built-in web browser. Some games consoles offer browser access but will need a keyboard to fully engage with the material.
- A connection to the internet.

The use of video can increase the data consumed. If either of these are proving a barrier to learning it is important that you communicate with the school. We have already given out Chromebooks to support learning at home and have just received a further batch from the government. We have a small number of mobile data devices that generate local wifi and provide internet access.

If you wish to discuss any issues relating to the accessibility or affordability of internet access or devices please contact the behaviour mentor or head of year in the first instance so that we can consider how best to support your child.



Radicalisation awareness and support:

The counter terrorism police have launched a website and support telephone line for members of the public who are concerned that a friend, family member or someone in the community may be at risk of radicalisation. We encourage all parents/carers and students to [explore the website](http://www.ACTearly.uk) for information and awareness purposes. It is vital that parents and carers monitor their children's interactions online to ensure they are using the internet safely at all times.

TERRORISM

www.ACTearly.uk

CT Policing has launched a new Prevent website and advice line to encourage people to share concerns if they think a friend or family member is vulnerable to radicalisation. The website:

- Explains what Prevent is and how Channel can support someone
- Describes the signs of radicalisation
- Shows where to get further information and support
- Uses case studies to encourage sharing concerns at an early stage

Please signpost anyone with concerns about radicalisation to www.ACTearly.uk or call and discuss their concerns with an expert

0800 011 3764

If you need more information contact your AS Prevent Team

SO15 Mailbox - Local Ops North West Team 2

Is a good friend coming under a bad influence?



© Crown Copyright 2019
All rights reserved.
ACT 100



Is someone you love being filled with hate?



© Crown Copyright 2019
All rights reserved.
ACT 100

COPING WITH LOCKDOWN

We understand the news of another lockdown may be stressful for many of our students, so our school counsellor, Ms L. Charles has provided some top tips for coping with the new restrictions at home.

GET ACTIVE

If you can, try to go for a walk at least once a day, staying active is great for physical health as well as mental health.

Alternatively, try to do at least 10 minutes of exercise a day at home!



REMEMBER, THIS WON'T LAST FOREVER

It may feel hard right now, but this situation is extremely unusual. Remember that this isn't how life will always be.

CONNECT WITH OTHERS

Staying in touch with people, even if digitally, whom you can share feelings, discuss problems and receive advice, is an essential part of dealing with difficult situations. Reach out for help if you feel overwhelmed or like you need support.

LESSEN DISTRACTIONS

Harness your imagination and picture that you're at school and not at home.

Take a break from any distractions. Lock your phone away if you need to.

STAY POSITIVE

Being resilient does not mean you have to have positive feelings about negative situations. It means that despite something going wrong, you believe you can and will do your best to deal with the situation and move forward.



EMBRACE CHANGE

There will always be change. Accept that change is a part of life that can bring more opportunities and positive outcomes.

SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Reach out and ask for help.

Speak to a parent / carer or even a friend about how you are feeling.

BE KIND TO YOURSELF

If you're struggling at the moment, it's important to be gentle with yourself. There is no right or wrong way to feel about the current situation and how it may be affecting your life. Try to remind yourself of this regularly.



WORLD RELIGION DAY, 16TH JANUARY 2021

The aim of World Religion Day is to promote inter-faith understanding and harmony. At Highlands we celebrate individuals with different faiths and beliefs, we actively work to protect the rights and opportunities of every member of our community so that we all have a fair chance to participate, succeed and enjoy life. See below for some fun facts about different religions across the world.

| | Beliefs | People | Worship | Holy Books | Festivals | Symbols |
|---------------------|---|-----------------------------|--|------------------------------------|---------------------------------------|---------|
| Christianity | One God The Trinity Forgiveness | Jesus Christ | Church Prayer Communion | Bible | Christmas Easter Pentecost | ✝ |
| Islam | One God 5 Pillars Day of judgment | Muhammad | Mosque Prayer (5 times a day) | Qur'an Hadith | Eid-ul-Fitr Eid-ul-Adha Ramadan | ☾★ |
| Judaism | One God 10 commandments | Abraham Moses David | Synagogue Wearing Tefillin and Tallit | Torah Talmud | Rosh Hashanah Yom Kippur Pesach | ✡ |
| Hinduism | Many gods (avatars of 1 God) Reincarnation | No named founder | Prayers Offerings Rituals | Vedas Bhagavad Gita Ramayana | Divali Holi Puja | ॐ |
| Buddhism | The middle way Reincarnation | Siddhatha Gotama | Meditation | Tipitaka Suttas | Wesak | ☸ |
| Sikhism | One God All humans are equal | Guru Nanak 9 other Gurus | Prayer Contemplation | Guru Granth Sahib | Vaisakhi Diwali | ✧ |



NEW YEAR MESSAGES

N

For **new** beginnings

Y

For **you** are amazing

E

For **every** cloud has
a silver lining

E

For **everyone** can
make a difference

W

For **work** hard,
don't stress

A

For **accept** new
challenges

R

For **reflect** on your
actions

Ms S. Adu
Head of Learning Support/SENCO



NEW YEAR MESSAGES



The show must go on(line)

In this great time of challenge, some of the most creative people are helping to make our time at home a little bit more interesting.

There are lots of theatres and companies that are releasing work to view at home for FREE and many companies that are broadcasting live, or pre-recorded shows, for a fraction of the cost of going to the theatre. The Leicester Curve is one of the great original production houses and has shared a number of its productions online.

So rather than another Netflix series or bingeing another box set, why not try a little bit of theatre and support this great industry. We want them to be waiting for us when we are out of lockdown, so show your support and enjoy a show (or two!)

Check it out [here](#).

Ms M. Carr
Head of Drama

NOTICES

CHILDLINE

If you feel like you need help and would like to speak to someone anonymously, you can always call or chat online with trained professionals at Childline, they can offer help with a range of different problems. Find out more at

www.childline.org.uk



SHOUT

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.

Text SHOUT to 85258



ALLIED HEALTHCARE MENTOR

Highlands School are pleased to inform you that the **NHS Live Virtual Work Experience Programme** is now available to support all aspiring healthcare students with work experience opportunities during the pandemic.

Students now have access to their own specific work experience programme that will be highly relevant to the following healthcare careers:

- Nursing
- Midwifery
- Paramedics
- Physiotherapists
- Occupational Therapists
- Radiographers
- Art, drama and music therapists
- Dieticians
- Operating Department
- Practitioners
- Radiographers
- Podiatrists
- Osteopaths
- Speech and language therapists



You can learn more and register for the programme **[here](#)**.

Students will receive certificates upon completion, but places are limited and therefore they will be allocated on a first-come-first-served basis to keep this fair. If you are interested you can register through the website link above. Places are just £10 a day to cover administrative costs.

DR A. Len
STEM Leader



HIGHLANDS SCHOOL CAREERS SITE

There has never been a time when careers guidance has been as important for young people as it is today. At Highlands we have a critical role to play in preparing our students for the next stage of their education or training and beyond.

Our students will be embarking upon a career pathway which is more challenging and complex than that faced by previous generations. Global opportunities and increasing technological advances will result in young people having several careers during their working life and potentially working in a career which does not currently exist.

With the greater choices of education, training and employment, our aim is to prepare students for these ever changing opportunities, responsibilities and experiences and to equip them with the skills to manage the choices, changes and transitions ahead of them.

We are therefore proud to announce the launch of our Highlands School dedicated site for Careers Education, Information, Advice and Guidance (CEIAG).

Students will be able to access information regarding all aspects of our careers programme, including:

- Apprenticeships
- Training
- Sixth Form
- Support with post 18 choices (University, apprenticeships and employment)

Each student will be emailed a link and instructions to the careers site as this can only be accessed by students with their school email address @highlearn.uk The careers site is updated regularly where students can register for employer and speaker talks, STEM events, work experience opportunities, webinars, career fairs including university, colleges and apprenticeships. Students are required to complete a short survey once they have attended an event. (These opportunities remain virtual until further notice).

Mrs S. Laurenzi

Careers Leader

laurenzs@highlearn.uk