

Highlands School

Guidance for students during school closure

Website - <http://www.highlands.enfield.sch.uk/>

Twitter - https://twitter.com/highlands_sch

Instagram - <https://www.instagram.com/highlandssch/>

YouTube - https://www.youtube.com/channel/UC_LdPLnZcel2egp6li85OMA/featured

Part two: guidance for students

Our expectations of you to maintain your learning:

- To know how to access the Google domain from home using @highlearn.uk email.
- To log in and complete all activities set by their teachers for the day via Google Classroom.
- To complete work to the best of your ability
- To understand that teachers may or may not be available online at the same time as you and to post questions via Google Classroom or, if preferred, by using @highlearn.uk email.

Safeguarding during school closure

How will the school safeguard you during the period of school closure?

The school has the following safeguarding plan in place during closure.

- Our safeguarding and pastoral team will be on hand to respond to any safeguarding matters communicated through the school's safeguarding email address.
- Our school counsellor will be offering phone counselling for those of you who have regular sessions and for new students who require support. She will be contacting students who have regular sessions to arrange appointments over the phone.
- You will be expected to log on, access and complete work through Google Classroom everyday. Teachers will monitor your activity in Google Classroom. This will help you to keep up with learning and to maintain a routine that supports their well-being.
- Teachers will centrally log students who do not engage with Google Classroom and this will be followed up by the pastoral team.
- We have a plan in place for all students who are vulnerable, who have an EHCP and/or who are looked after children. A nominated member of staff will keep in regular contact with these students through their highlearn account and parents/carers will be contacted on a regular basis to offer support and guidance.
- Assemblies have been delivered to all students on staying safe and how to report a concern during closure. The information from the assembly has been emailed to all of you via your @highlearn.uk account and it can also be found on the 'Closure' section of the school website.
- We have a dedicated safeguarding email address where you and your parents can contact us. This will be monitored by the school's safeguarding team on a daily basis. staysafe@highlearn.uk

How can you look after your mental health during the period of school closure?

- Follow a daily routine focussed on school work, healthy eating, some leisure time, and avoiding daily use of games consoles.
- Get fresh air in any outside spaces within the home.
- Do some exercise at home. Get a daily exercise class here: <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>
- Keep in contact with friends and family by phone, email and social media (used appropriately).
- Use the Kooth website (www.kooth.com) or download the app. Kooth is a provider of online mental health services for young people aged 11-25 years old.
- If you are feeling worried or upset, talk to someone.
- Be kind and supportive to friends, family and acquaintances.
- Avoid fake news and sharing unverified news.

What should you do if you have a concern about your mental health and/or safety or that of another student at Highlands School?

- Talk to a trusted adult.
- Please email the school's safeguarding email outlining your concerns staysafe@highlearn.uk. A member of the safeguarding will contact you within 24 hours to discuss your concerns and to arrange support.
- Safeguarding concerns can also be reported to the enfield MASH (multi agency safeguarding hub) on 0208 378 5555. For further information on how to contact MASH online please visit <https://new.enfield.gov.uk/enfieldscb/professionals-volunteers/multi-agency-safeguarding-hub-mash/>
- If you or someone else is in immediate danger call 999
- If you need to report a non-urgent criminal matter to the police, call 101
- Call Childline on 0800 1111