



## Information bulletin for parents/carers and students

### Contents

<b>Key school contact information</b>	<b>1</b>
<b>General information</b>	<b>2</b>
<b>Remote working 'spotlight' - Mr MacLeod</b>	<b>7</b>
<b>Online Safety</b>	<b>8</b>
<b>Planning and supporting learning</b>	<b>12</b>
<b>Useful websites</b>	<b>12</b>
<b>Using ShowMyHomework</b>	<b>12</b>
<b>Using Groupcall Xpressions App</b>	<b>18</b>

### Key school contact information

General enquiries <i>As usual, our aim is to reply to all enquiries within 48 hours of receipt</i>	enquiries@hrs.education
Absence <i>Please report if your son/daughter is unable to work at home due to illness</i>	studentabsence@hrs.education
	07851960092
	07394904053
IT support	helpdesk@hrs.education
SENCO	senco@hrs.education
Child protection/safeguarding concerns	worrybox@hrs.education



<p><b><u>General information</u></b></p>	<p>Dear Parent/Carer,</p> <p>Welcome to this week's bulletin.</p> <p>We have been delighted to welcome back some of our Year 10 and 12 students for one-to-one meetings this week. We are also looking forward to seeing more Year 10 and 12 students joining us for small group subject sessions from next week onwards.</p> <p>However, our focus remains on providing effective remote learning for all students. At any one time, all of Year 7, 8 and 9, and the overwhelming majority of Year 10 and 12, will be working remotely. We have been pleased with student responses to our updated approaches, and Mr Cooke will be reviewing these changes during the remaining weeks.</p> <p>We were also very pleased to launch our consultation on the new school project earlier this week. While there is much to do before we can be confident that the project will move forward, this is a very important next step in the process.</p> <p>Please have a look at proposals and give your feedback <a href="#">here</a>.</p> <p>Regards,</p> <p>Daniel Gee Headteacher</p>
	<p>For the attention of Year 11 leavers:</p> <p>Cambridge Regional College has an 'Open days online series' which runs from 12-26th June. Please see the link below for details:</p> <p><a href="https://www.camre.ac.uk/open-days-online/">https://www.camre.ac.uk/open-days-online/</a></p> <p>Mr Dilley Assistant Headteacher</p>
	<p><b>Financial support</b></p> <p>Your child may be eligible for free school meals if you are receiving any of the following:</p> <ul style="list-style-type: none"><li>• Income Support</li><li>• Income-based Jobseeker's Allowance</li><li>• Child Tax Credit (not Working Tax Credit), with an annual income below £16,190</li><li>• Pension Guarantee Credit</li><li>• Employment and Support Allowance, income related</li></ul>



	<ul style="list-style-type: none"><li>• Support under part 6 of the Immigration and Asylum Act, 1999</li><li>• Working Tax Credit run-on, paid for 4 weeks after you stop qualifying for Working Tax Credit</li><li>• Universal Credit, with a household income of £7,400 or less (after tax and not including any benefits you get)</li></ul> <p>If you believe your child may be eligible for support, applications can be made through the <a href="http://essex.gov.uk">essex.gov.uk</a> website or by clicking on the link <a href="#">here</a>.</p> <p>Additionally, the school may be able to support students who are eligible for free school meals with the cost of resources and equipment, such as revision guides and additional tutoring.</p> <p>Mr C Allom KS3 Raising Standards Leader</p>
Year 7	<p>Hello again Year 7,</p> <p>It has been a funny week this week with sunshine and thunder, and I hope you have all stayed safe and dry.</p> <p>I'm getting used to writing to you on a Friday instead of seeing you all in assembly! I really enjoyed looking at some of your FABULOUS DT projects this week! I was so impressed with your creativity. I hope you enjoyed creating them, I just wish I could have tried a slice of the monster cake that I saw!</p> <p>Please make sure that you are completing your three lessons each day and submitting these correctly and according to the instructions on SMHW. If any of you are struggling with how to submit a specific subject please email your teacher for more help!</p> <p>This week is the last call for toilet roll videos before I create our final Year 7 video, it would be great to see as many of you star in it as possible!</p> <p>Enjoy your weekend and remember next week is 'Week 2' of the new timetable.</p> <p>Mrs L Cook Director of Learning Year 7</p>



Year 8	<p>Good afternoon</p> <p>I hope you have all had a good week and settled well into our final term. I know this is the point for some of you when your motivation begins to wane and your work may become rushed. This is the point at which you can make a huge difference to your future learning. Those of you who are still producing high quality work and submitting it all to your teachers have shown that, during some very challenging circumstances, you can self regulate and organise your time effectively. You have become fantastic independent learners and this will certainly give you an advantage when you begin your GCSEs. Well done.</p> <p>Some of you have told me you have lost a bit of motivation, but it is not too late to get back into good habits. However, you must be honest with yourself, ask yourself the following question. Is what I have been doing up until now good enough? If you can honestly say 'YES' - keep it up, you don't need to change anything. If your answer is 'NO' then now is the time to change. Small changes will make a huge difference.</p> <p>If you are struggling, please email me or one of your teachers and ask for help. When we go back to school I want you all to be proud of what you have achieved during lockdown.</p> <p>Have a lovely weekend and take time to relax and refresh away from the screen.</p> <p>Be kind to yourself and others.</p> <p>Ms T Foulger Director of Learning Year 8</p>
Year 9	<p>Good morning Year 9s and parents</p> <p>I am sending out my best wishes to you all and hoping that after eight weeks of homeschooling we are well and truly up and running. I am still finding that some of you are doing the work and saving it on your drive, but then not sending it in! Sadly we can't see the work on your drive.</p> <p>This week we celebrate National Go Fishing Week and I'm sure I know some of you will be loving that. You will be out in the rain with your brollies and maggots trying to catch that giant pike, which everyone wants in the local fishery, but he manages to evade you all! Remember when you are fishing to be kind and treat the fish gently, remove the hook as gently as possible using the proper equipment (a degorger)...impressed?? and remember to take your rubbish home.</p> <p>It is also National Garfield the Cat Day this week, so for all of you who have cats make sure you love them that bit extra and give them a good groom and some nice extra treats. But maybe not lasagne. I prefer Odie</p>



	<p>to be honest. It is also rather bizarrely National Box Week?!....so maybe keep those boxes and give them to the cat to play with.</p> <p>Keep going everyone, keep being your best and being strong and kind.</p> <p>Ms W Gordon Director of Learning Year 9</p>
Year 10	<p>Dear Year 10 students and parents</p> <p><a href="#">Here</a> is the video for this week. It explores both what is going to happen for phase two as well as a slightly emotional head of year!</p> <p>Stay awesome, stay safe.</p> <p>Mr N Wilcox Director of Learning Y10</p>
Year 11	<p>Prom update</p> <p>Planning for the Prom is now well underway. The venue has confirmed the menu options, and parents and carers of all students who have said they are attending have been sent an email and survey to vote for their preferred option for each course.</p> <p>The most popular options will be served to all students on the night unless we have been made aware of any special dietary requirements. It is essential that you advise us of this if you have not already done so.</p> <p>We have a very small number of parents and carers who have not yet made the outstanding balance payment of £30 and we politely request that this is actioned via ParentPay as a matter of urgency. If your son/daughter no longer wishes to attend, we will need to process a refund of your deposit and remove their name from the list. We have previously confirmed that ParentPay will be unable to refund deposit payments beyond Friday 26th June. If you are having any difficulties making a payment, please contact us as soon as possible.</p> <p>Mr C Wilkins Director of Learning Y11</p> <p>Year 11</p> <p>Next week we will be working hard in the sixth form putting together a "virtual induction experience" for all students who have made an application to study with us here at HRS. I will advise you all of the "virtual date for induction" as soon as possible; this will be a great opportunity to find out more about "life as a sixth former at HRS" and answer any questions or concerns you may have as the next stage of your</p>



	<p>educational journey draws ever closer.</p> <p>Kind regards</p> <p>Mrs D Wright Head of Sixth Form</p>
Year 12&13	<p>Sixth Form</p> <p>It has been brilliant this week to meet with so many Year 12 students face to face for the first time in weeks. I am very impressed with their resilience towards the current situation and ability to cope with the huge demands of remote learning.</p> <p>A key focus of our conversations has been post-18 options and many students have expressed their desire to go to university. However, very few have felt confident enough to start the application process at home. I have shared a powerpoint of the application process with everyone and there is also a copy on the sixth form website. Please encourage students to start their application as soon as possible just like we would if we were still in school. Even if there is a degree of uncertainty, registering with UCAS, the university admissions service, is something I would encourage if only to consider all the options available.</p> <p>On Monday I will be sending out, and popping on the website, a "parents guide to UCAS" in lieu of our parent information evening, which had to be cancelled this month, to just give a little more information which may be useful.</p> <p>Resources for our "work experience at home" programme have been shared with all students to really give them a flavour of the interview process (both face to face and non face to face) to really help them understand how important verbal and non verbal behaviours are in securing a placement both in a virtual and real world scenario.</p> <p>If I can be of any assistance please do not hesitate to contact me.</p> <p>Kind regards</p> <p>Mrs D Wright Head of Sixth Form</p>

### Remote working 'spotlight' - Mr MacLeod



Although working from home isn't the same as spending time in the classroom, we are still here for all students and parents. Your wellbeing is the most important thing and we are always here to help, encourage and hopefully, inspire. I don't know one teacher that isn't excited about getting back into the class environment and when that time comes, I believe that we will all be able to appreciate what we've got that little bit more.



## **Online Safety**

### **Online Safety links for parents:**

UK Safer Internet Centre - Call of Duty: Warzone - A guide for parents: [A parents guide to Call of Duty: Warzone](#)

Parent zone - Digital resilience:

<https://parentinfo.org/article/six-fun-online-activities-to-boost-your-child-s-digital-resilience>

What is Zoom - Guide for parents - [What is Zoom? - A guide for parents and carers.](#)

Anti fraud warning from Essex Police: [Take Five – To Stop Fraud | To Stop Fraud Action Fraud](#)

Childnet guide to new Instagram features:

<https://www.childnet.com/blog/new-features-on-instagram>

National Online Safety.com: [What Parents Need to Know About Zoom](#)

Parent info: [Parent info](#)

Parent info: [Helping teenagers to cope with lockdown](#)

Parent info: [How to look after your families mental health if you are stuck indoors](#)

Parent info: [parentinfo.org/article/child-online-safety-during-lockdown-where-to-report?](https://parentinfo.org/article/child-online-safety-during-lockdown-where-to-report?)

Parent info: [parentinfo.org/article/facebook-gaming-what-parents-should-know](https://parentinfo.org/article/facebook-gaming-what-parents-should-know)

Thinkuknow: [ThinkYou Know](#)

Thinkuknow: [Home activity packs for parents to support online safety](#)

Thinkuknow: [Home activity packs - 11-13 yrs](#)

Thinkuknow: [Home activity pack - 14+](#)

Thinkuknow: [Gaming - What parents and carers need to know](#)

Thinkuknow: [Online Sexual Abuse: Webcam and images](#)

Thinkuknow: [Your child and online porn](#)



CEOPS: [Reporting online abuse](#)

ESCB: [Online Safety](#)

NSPCC: [Your guide to social networks, apps and games](#)

The Breck Foundation: [The Breck Foundation Charity - Play Virtual Live Real - Non profit](#)

Childnet: [The internet – an inspiring and positive place](#)

O2/NSPCC Helpline: [adviceline](#)

South West Grid for Learning - [SWGfL Cyber Security Advice during Coronavirus Cyber criminals are using the public's fear and interest in](#)

### **Mental/Physical health links for Parents:**

Parent zone - Dove Self Esteem project: <https://parentzone.org.uk/dove-self-esteem-project-videos>

Parent zone - County Lines: <https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

Parent zone - 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

Parent zone sleep advice: <https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line family support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

Zumos:

#### **Activities for everyone**

[Kindness with Zumos](#) – Part of our 70 Day Wellbeing Programme. Today we focus of Kindness.

[The Mental Health Foundation](#) - A selection of Mental Health Foundation materials, including some great social media graphics to raise awareness and show support online.

[Random Acts of Kindness](#) - A fun site focussing on positive action and experience. All sorts here from virtual tours of the world's greatest museums, to energetic challenges focussing on this year's Mental Health Awareness Week topic - Kindness.

[Positive Psychology](#) - A whole host of activities for all ages, some fun games and conversation starters all centred around being kind.



Take Action Get Active - Part of the MHF challenge to get active this May. Focussed on the links between physical activity and mental wellbeing. Would make a great virtual challenge or video project.

Time to Change - Some great games, posters and graphics to print and play.

Random Acts of Kindness Lesson Plans - Worth having a look as we are all educators in our home schools, some nice lesson plans and extra ideas to do at home.

Do Good From Home - Some great inspiration on here, lots of great ideas of activities you can do at home as a family to show some kindness to others in the times of pandemic.

The Human Givens Institute - Some more resources from Human Givens including webinars, online courses and hard copy materials such as posters.

The Human Givens Podcast - One for Parents and Staff. A really interesting podcast series from Human Givens, it discusses many varying issues covered by experts in the field.

Uttlesford frontline: [Uttlesford Frontline](#)

Gov.uk: [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

Young Minds: [Supporting Your Child During The Coronavirus Pandemic](#)

Shout: [Shout: Home](#)

Essex County Council: <https://www.essex.gov.uk/staying-well>

YMCA - [Coronavirus Response](#)

Royal College for Paediatrics and Child health - [COVID-19 - resources for parents and carers](#)

Royal College for Paediatrics and Child health - [Stay at home activities for children and young people](#)

Essex Welfare Service - [Essex Welfare Service](#)

Headstogether: <https://www.headstogether.org.uk/>

### **Working from home support for parents:**

Education Endowment Foundation -

<https://educationendowmentfoundation.org.uk/covid-19-resources#nav-covid-19-resources>

Supporting home learning routines:

[https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19\\_Resources/Resources\\_for\\_parents/Supporting\\_home\\_learning\\_routines\\_-\\_Planning\\_the\\_day.pdf](https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Supporting_home_learning_routines_-_Planning_the_day.pdf)

### **Online Safety links for Students:**

Thinkuknow: [home https://www.thinkuknow.co.uk/14\\_plus/](https://www.thinkuknow.co.uk/14_plus/)

Childline: [Staying safe online](#)



UK Safer Internet Centre: [UK Safer Internet Centre - Online Safety Tips, Advice and Resources | Safer Internet Centre](#)

CEOPS: [Reporting online abuse](#)

NSPCC: [https://www.net-aware.org.uk/?](https://www.net-aware.org.uk/)

### **Mental Health links for Students:**

Young Minds: [Coronavirus and mental health](#)

Shout: [Shout: Home](#)

The Mix: [The Mix - Essential support for under 25s](#)

Kooth: [Kooth | Home](#)

### **Useful apps for Mental Health and Wellbeing for students:**

**SAM** - Anxiety management

**HeadSpace** - Meditation & Sleep

**Calm harm** - Calm Harm is a free app to help teenagers manage the urge to self-harm.

**Clear Fear** - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

**'Breathe'** - Meditation/Anxiety



## **Planning and supporting learning**

### **What work should be undertaken by students?**

- Students will be expected to undertake 3 learning activities every day
- They should complete learning activities in line with the timetable
- Teachers will provide learning activities for each class that they teach in line with the timetable
- Learning activities will be posted on *Show My Homework (SMHW)*
- If students have queries relating to their work, they can email their teachers who will get back to them as soon as they are able.

### **Useful websites**

A document containing useful websites for a variety of subjects can be found [here](#)

### **Using ShowMyHomework**

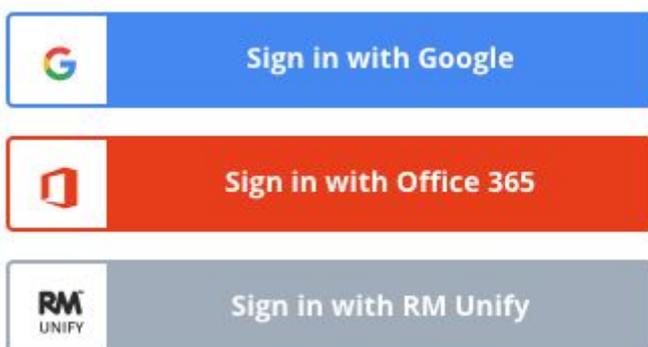
#### **A Student guide to using Show my homework:**

All Student SMHW accounts have a default login of google sign in. This will be the same as your school email address and password.

E.g. initialsurname14@hrs.education and your password.

Please make sure to click the relevant option and enter your email and password. You will find these options on both the website and our mobile apps:

The Helena Romanes School use the 'sign in with Google' option.



#### **A Parents' guide to using Show my homework:**



To use SMHW, you will need your pin code issued by the School, this has been recently re-issued to you.

The two main ways to use Show My Homework (SMHW) are through a browser like Internet Explorer or Google Chrome alternatively you can download an app to use on your mobile device. Apps exist for iOS or Android devices.

**The following instructions are for using SMHW with a browser:**

*Log in to your account*

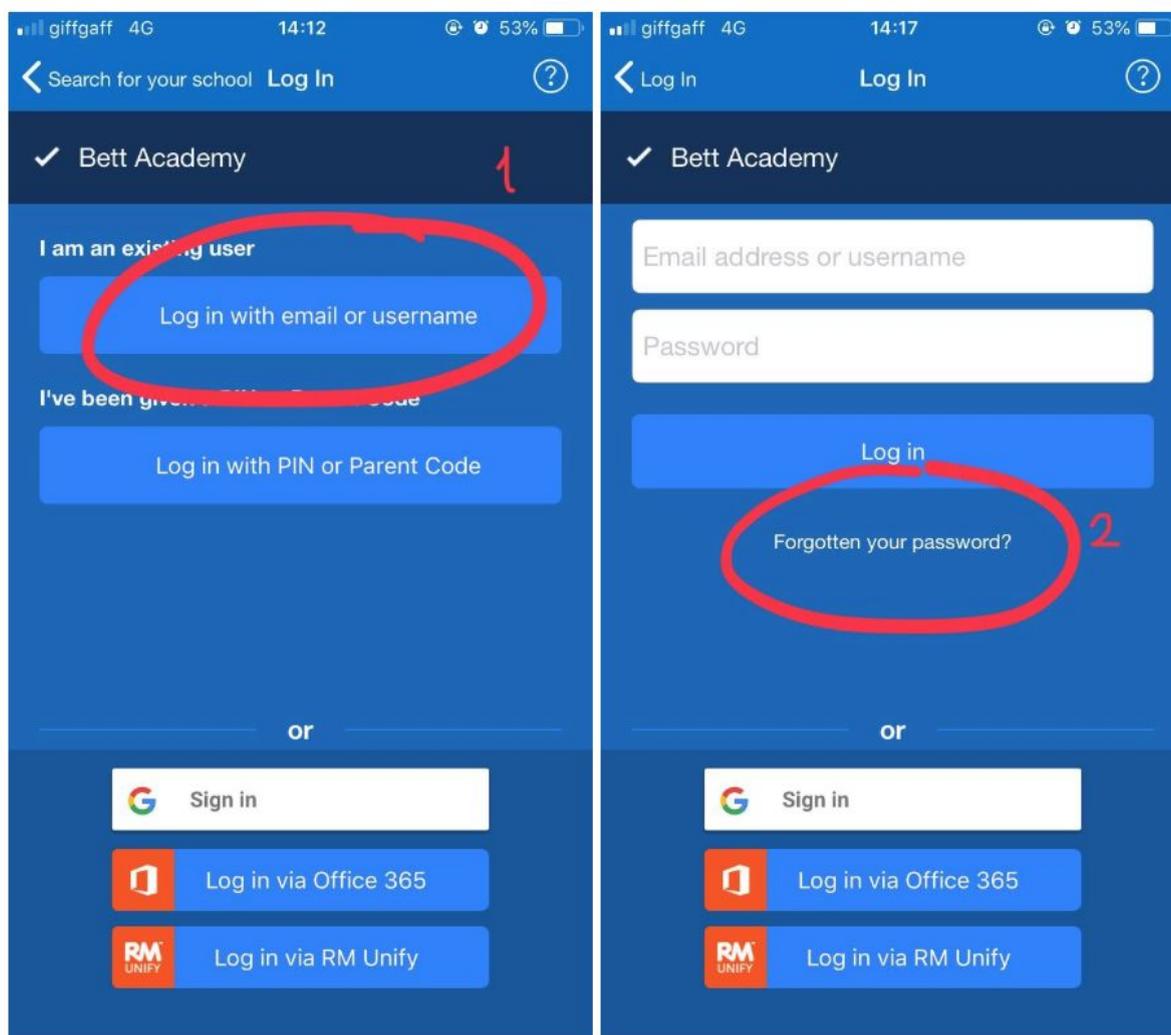
Once you have created your account using your parent code, you can access your account on any device using your email address and password.

1. Go to our [login page](#) or open our mobile app
2. Enter your child's school (search by postcode)
3. Type your email address and password
4. Log in

**Forgot password?**

To reset your password, click on "*Forgot password?*" on the [login page](#) or on the mobile app.

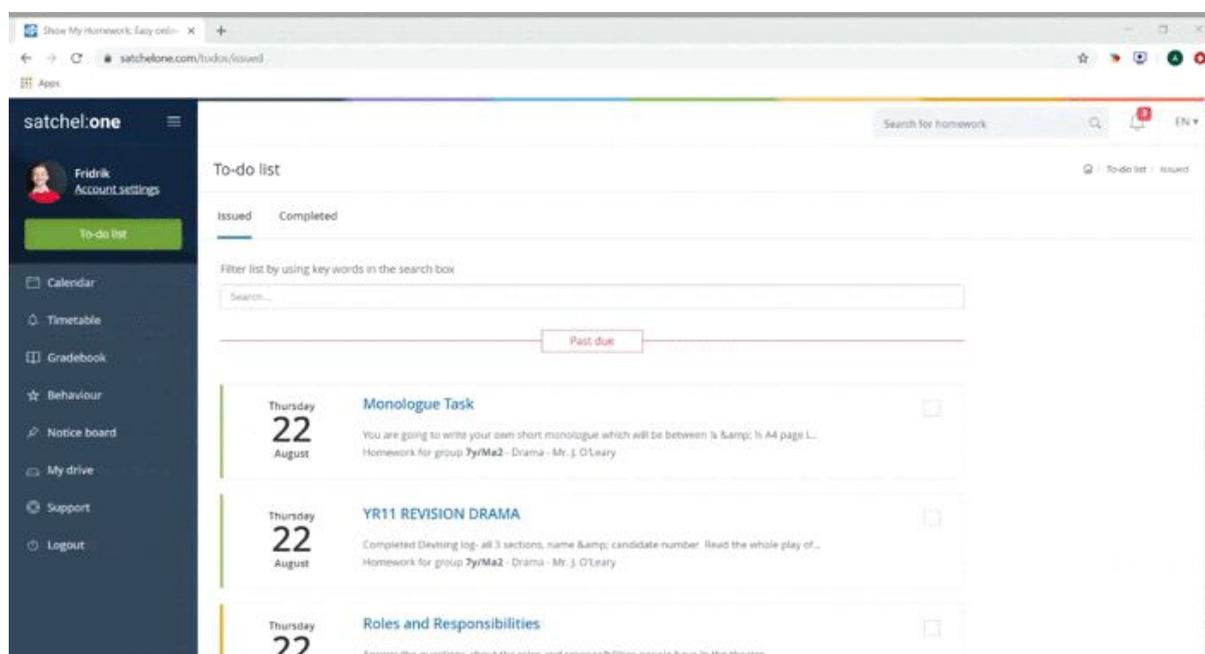
Type in your email and password reset email will be sent to you. Follow the instructions we sent you to create a new password.



 **Top tip:** If you do not see the password reset email in your inbox, you may want to check your junk or spam folder.

### Sign up as a parent

To create your account, you will need a parent code. This will be provided by the school, but if your child already has access to their account, they can get the code for you!



You can use the same code to create up to 5 parent/guardian accounts, so feel free to share this with those that need access to your child's homework details.

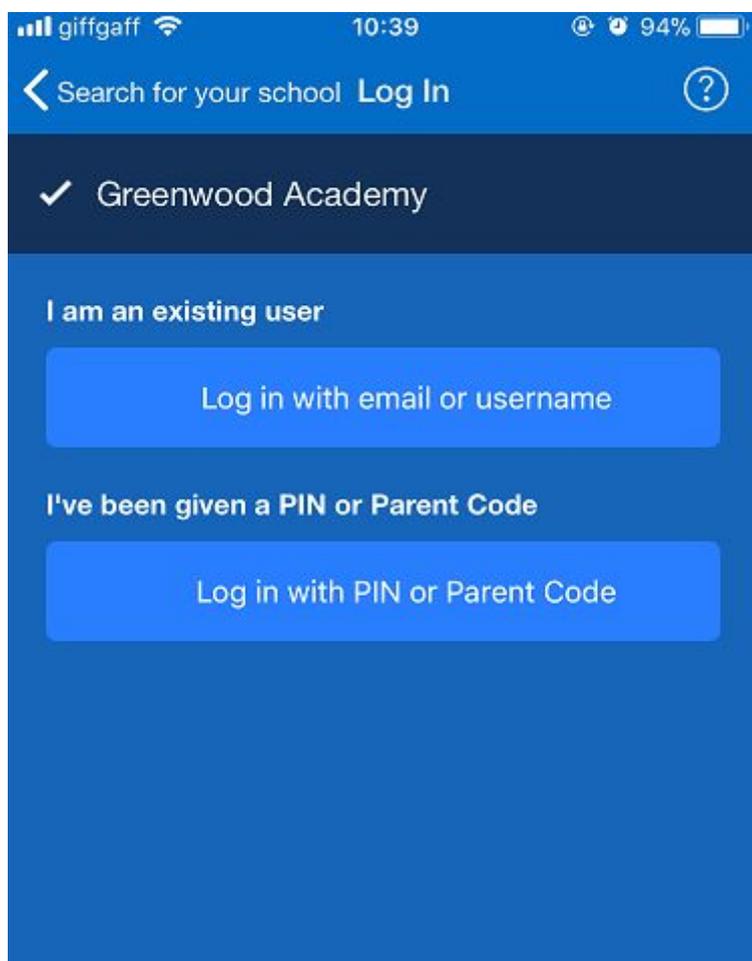
Once you have your code, follow these instructions to create your account:

#### On the website:

1. Visit our [sign up page](#)
2. Search for your child's school (by name or postcode)
3. Enter your parent code below
4. Tick "I am not a robot" and complete any security tasks if necessary.
5. Click Submit
6. Follow the instructions to create your account.

#### On a mobile device

Using a smartphone or tablet? Download our [iOS](#) (Apple) or [Android](#) app.



1. Search for your child's school (by name or postcode)
2. Tap Log in with a PIN or parent code
3. Enter your parent code
4. Follow the instructions on the screen to create your account.

Your account is now set up! **You will no longer need your parent code.** Moving forward you can access your account using your email and password combination.

Parent code expired?

If you already have an account, you no longer need a parent code, simply reset your password.

If your code expired or got lost before you managed to create an account:

- you can request the parent code from the school or
- ask your child to log in to their account on a web browser and go to Account Settings

**Assisting with student logins**



Has your child forgotten their login details? As a parent, you should be able to assist.

Open the Satchel One app and from the Menu go to *Settings > Student management*. You will be able to see the student PIN which they can use to reset their details.

The PIN is also visible on the website, right on your dashboard.

If your child does not have a PIN, please contact the school directly. Learn more about [Logging in as a student](#).



### Using Groupcall Xpressions App

Install the App on your mobile phone. This is available for both iOS and Android



Open the app and register with the email and phone contact details that you supplied to us and are registered on the school database.

The app will then provide you with the following information:

- Timetable
- Attendance
- Behaviour overview
- Achievement overview