

BARNWELL SCHOOL PARENTAL UPDATE WEEK 3

11/4/2020

Dear Parents/Carers

We hope this third update finds you and your family well. Despite things settling down and routines being formed, these remain uncertain times and there is little solid information on possible timescales for us to return to normality. The school has remained open for a small number of students and our several staff have been in school over the Easter holiday. Please remember that we are here to help if you need us.

This week there is little to update you on as the main news we were waiting for was about GCSE and A-Level qualifications. As a school we are now clear on the process we need to follow, and teachers are working with heads of faculty and senior leaders to ensure students achieve the grades they deserve. As explained last week:

- Year 11 and 13 students should not be completing any further work
- Students should not be asking for their submitted grades
- The exam boards will use teacher estimates to calculate a final grade

The government have tentatively announced that estimates will be used for BTECs, CTECs and other vocational qualifications, but as yet we have not had the official guidance on how to arrive at the estimates. This is expected towards the end of next week.

More detailed information can be found at:

<https://www.gov.uk/government/news/how-gcses-as-a-levels-will-be-awarded-in-summer-2020>

As outlined by OFQUAL, please do not contact the school about student predictions.

SCHOOLWORK UPDATE

We hope that students (and parents) have had a break from schoolwork this week. Wellbeing and balance are critical during this lockdown phase.

Optional project-based work is still available for students who have enjoyed the routine.

We are still putting our plans together for an amended curriculum provision after the holidays, and we will be sharing this next week.

EASTER PRIZE CHALLENGE

Mr Smith has inserted 10 Easter Eggs into the pages of our school website. There will be a prize for the first 3 students that email Mr Smith with photo evidence or a list of page links of all 10 correct locations.

d.smith@barnwell.herts.sch.uk

CAREERS GUIDANCE - UNIFROG

In keeping with our commitment to provide students with outstanding careers guidance and tailored support when choosing their next step after school, we will now be using Unifrog; an award-winning, online careers platform. All students in Years 7, 8, 9, 10, 11, 12 and 13 now have access to this excellent website.

Unifrog brings into one place information about all post-school opportunities, including every apprenticeship, and college course in the UK, as well as other opportunities, such as School Leaver Programmes. This makes it easy for students to compare and choose the best opportunity for them. The Careers Library contains up-to-date labour market information for over 1300 different careers, with details about the required skills and qualifications for each one. The Subjects Library gives advice about what qualifications your child will need to study a subject at university.

BARNWELL SCHOOL PARENTAL UPDATE WEEK 3 11/4/2020

Additionally, the platform helps students successfully apply for these opportunities by using Unifrog to write their applications and CVs and guiding them through the process, allowing teachers to give live feedback. They can record their key skills and achievements and build up an impressive portfolio over time.

Students access the platform by clicking a link in their welcome email, where they create a password and can begin using the platform. They login to Unifrog using their email address and password and they can do so from any computer, tablet or smartphone. We would encourage you to use the platform with your child so you can support them through the process of deciding their next step.

We have also set up a parent/carer login so that you can use Unifrog as if you were a student yourself, allowing you to truly support your child. The form code you need is: **SCSWbarnwellparents** and you can sign up here: www.unifrog.org/code

For more information, go to www.unifrog.org or contact Mr Patching (m.patching@barnwell.herts.sch.uk)

KEY WORKER AND VULNERABLE CHILDREN SCHOOL PROVISION

The school remains open over the Easter holiday for vulnerable and key worker children only. Please support the government lockdown measures by keeping your child at home wherever possible and encouraging stringent social distancing.

WELLBEING AND SAFEGUARDING

In these difficult times, mental health and wellbeing should be at the forefront of our minds. As previously stated, education is important but the mental and physical health of children and young people is the priority. Here are a few useful resources you may choose to use with your child(ren):

<http://www.jcoleman.co.uk/parents-and-teenagers-at-a-time-of-coronavirus>

Questions to ask your child in self-isolation

YOUNGMINDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

BARNWELL SCHOOL PARENTAL UPDATE WEEK 3 11/4/2020

The children & young person's team at Herts Mind Network under the Spot the Signs and Emotional Wellbeing project are offering a series of free webinars, throughout April, based around the following areas:

1. **5 Ways of Wellbeing for families (with a focus on isolation)**
2. **Introduction to Mental Health for families**
3. **Emotional Wellbeing & Coping Strategies for parents/carers to support themselves and their young person(s)**
4. **Adolescent Development for teens and parent/carers**
5. **Spot the Signs Youth Suicide Prevention course for youth professionals**

Sessions will regularly be added to our Eventbrite (<https://bit.ly/2QZqK4f>) with the addition of a short-format suicide prevention session coming soon. If you follow our Eventbrite page and encourage others to do so you will be notified of when new events are listed.

The Eventbrite link is for *individuals* wishing to book on.

Spot the Signs & Emotional Wellbeing Webinars

The Spot the Signs & Emotional Wellbeing Project continues to run free of charge webinars on a range of wellbeing content for young people, parents/carers and youth professionals.

To book yourself on, visit Eventbrite (<https://bit.ly/2QZqK4f>) or contact lara.mchale@hertfordshiremind.org to arrange a webinar for a group of individuals.





Hertfordshire Partnership
University NHS Foundation Trust



Spot the Signs & Emotional Wellbeing Webinars

Course	Who for	Date	Time
5 Ways of Wellbeing	Families ¹	14/04/2020	10:00-10:45
Introduction to Mental Health	Families ¹	15/04/2020	13:00-14:00
Emotional Wellbeing & Coping Strategies	Carers ²	17/04/2020	12:30-14:00
Emotional Wellbeing & Coping Strategies	Carers ²	20/04/2020	12:00-13:30
5 Ways of Wellbeing	Families ¹	21/04/2020	15:30-16:15
Introduction to Mental Health	Families ¹	24/04/2020	11:00-12:00
Spot the Signs Suicide Awareness	Youth Professionals	27/04/2020	10:30-15:00
5 Ways of Wellbeing	Families ¹	28/04/2020	13:00-13:45
Emotional Wellbeing & Coping Strategies	Carers ²	29/04/2020	15:30-17:00
Introduction to Mental Health	Families ¹	30/04/2020	14:00-15:00

¹ Families: This session is open to all the family and parents/carers may join accompanied by their child or teen

² Carers: Parents & Carers of a young person

For more information and to book onto an individual webinar session, please visit our Eventbrite: bit.ly/2QZqK4f

If you would like to book an in-house session for your class or team email lara.mchale@hertfordshiremind.org to arrange how to get your group into a private webinar that they can all access from home.

BARNWELL SCHOOL PARENTAL UPDATE WEEK 3

11/4/2020

Hertfordshire County Council have continually been working with schools to ensure all students and families get the appropriate support. Most recently we received an email regarding support for children and young people with additional needs at home or in the school setting. The Integrated Services for Learning teams want to make sure parents/carers of these children have access to the support needed. There is one dedicated telephone contact number where the educational psychology service will respond and, if necessary, signpost parents/carers to someone who can offer specific advice and support. This contact line **01992 588574** is available **Monday-Friday between 2:00-4:30pm**.

Hertfordshire County Council also have a website offering Mental Health and wellbeing support and advice to young people, families and professionals around COVID-19 called JUSTTALK.

<https://www.justtalkherts.org/news/looking-after-your-mental-health-during-coronavirus.aspx>

National Online Safety have created a series of guides to promote e-safety for all. Please click the link

<https://nationaleducationgroup.cmail20.com/t/t-l-nkrhuy-ajlitthh-y/>

FINANCIAL SUPPORT

As a community we are aware that many parents/carers have been affected by places of work closing and earning potential being minimised. The school is always just an email away if you have concerns about your family but below are a few links that may help with financial pressures or queries:

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

All forms of advice, including employment and finances affected by Coronavirus

[https://www.stepchange.org/?](https://www.stepchange.org/?channel=ppc&&WT.srch=1&WT.mc_id=270049&WT.seg_1=step%20change%20debt&gclid=Cj0KCQjwpfHzBRciARIsAHHzyZp-rzWaWlUAJCCdl_OnAbdj3oBRFtb5n2NhJsloPhjfATI3vfNGZ3AaAoTIEALw_wcB&gclsrc=aw.ds)

[channel=ppc&&WT.srch=1&WT.mc_id=270049&WT.seg_1=step%20change%20debt&gclid=Cj0KCQjwpfHzBRciARIsAHHzyZp-](https://www.stepchange.org/?channel=ppc&&WT.srch=1&WT.mc_id=270049&WT.seg_1=step%20change%20debt&gclid=Cj0KCQjwpfHzBRciARIsAHHzyZp-rzWaWlUAJCCdl_OnAbdj3oBRFtb5n2NhJsloPhjfATI3vfNGZ3AaAoTIEALw_wcB&gclsrc=aw.ds)

[rzWaWlUAJCCdl_OnAbdj3oBRFtb5n2NhJsloPhjfATI3vfNGZ3AaAoTIEALw_wcB&gclsrc=aw.ds](https://www.stepchange.org/?channel=ppc&&WT.srch=1&WT.mc_id=270049&WT.seg_1=step%20change%20debt&gclid=Cj0KCQjwpfHzBRciARIsAHHzyZp-rzWaWlUAJCCdl_OnAbdj3oBRFtb5n2NhJsloPhjfATI3vfNGZ3AaAoTIEALw_wcB&gclsrc=aw.ds)

A Debt Charity with information about who to contact for support and advice

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

A site for new applications to Universal Credit

<https://www.loansmart.org.uk/#about-loan-sharks>

Tips about how to avoid illegal loan companies

Phone numbers for pre-paid gas and electricity meters

Phone if you have a prepay meter, inform them you are self-isolating, and they will send you out 2 weeks' worth of gas/electricity or if you have a smart meter they will top you up.

BRITISH GAS 0333 202 9802

EDF 0333 200 5100

EON 0345 052 000

N POWER 0800 073 3000

SCOTTISH POWER 0800 027 0072

SSE 0345 026 2658

BARNWELL SCHOOL PARENTAL UPDATE WEEK 3

11/4/2020

FREE SCHOOL MEALS

If you think you might be eligible for Free School Meals, then do apply as soon as possible once you have read the information below. If you are eligible then the school could receive additional funding which can be used to support your child.

Hertfordshire County Council could save you over £400 in school meals every year.

If you receive one of the following benefits, then you could be eligible for free school meals worth over £400 per child per year.

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Child Tax Credit (providing you are not entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Pension Credit (Guarantee Credit)
- Support under Pat VI of the Immigration and Asylum Act 1999
- Working Tax Credit run-on, paid for 4 weeks after you stop qualifying for Working Tax Credit.

Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the compulsory age for starting school
- in full time education

If your child is eligible for free school meals, they will remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

To apply, or for more information, visit www.hertsdirect.org/freeschoolmeals

COMMUNITY WORK

Last week we informed you that we had been contacted by the East and North Hertfordshire Hospitals Charity to promote the amazing work that they are doing, raising much needed funds at this incredibly difficult time for our amazing NHS. They are raising money for additional hospital supplies and also for basic necessities that will support the wellbeing of staff and patients. The response was amazing and they are still open for donations either;

On their website <http://www.enhhcharity.org.uk/appeal/hereforeachother>

Or by Text -HERE4EACHOTHER to 70085

Another way to support is through the Amazon Wish List:

http://www.amazon.co.uk/hz/wishlist/ls/347BA00UUEMZ4?ref_=wl_share

Finally, we would like to wish you and your families a very Happy Easter.

Stay safe and please do not hesitate to contact the school on communication@barnwell.herts.sch.uk if you require clarity or advice on any points linked to education or Barnwell School.

Regards

Mr T Fitzpatrick
Executive Headteacher

Mr M Roberts
Head of School