



PARENT BULLETIN

THURSDAY 9TH APRIL 2020

Message from the **Principal**

I hope you are managing to stay as safe as possible and urge you to stay at home and follow government advice over the Easter weekend.

I would also like to remind everyone that we continue to applaud NHS workers at 8pm tonight. It may seem like a small thing, but even if it just helps one or two people feel appreciated when they get home from a long and difficult day, it is worth it.

Finally, thank you for the messages I have received about my contribution to the Marsh Academy PE Twitter challenges – I think some may have been sarcastic – but appreciated nonetheless! Take care. Shaun Simmons

DfE **Learning Resources**

The Department for Education have now released some online resources they are recommending to parents/carers. I have selected some of the most relevant below. If you have younger children you may wish to visit their website for a wider selection:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

I feel that we have now provided enough online resources so will ease back now, to not put pressure on parents/carers. Any more support needed, please get in touch.

KCC Online **Youth Offer**

KCC have set up a Online Youth Services Offer page (<https://www.kent.gov.uk/education-and-children/young-people/online-youth-services>). This page is a work in progress and will be updated not only in regards to how it looks, but also with further content.

BBC **Bitesize**

You may have heard that from Monday 20th April, BBC Bitesize are broadcasting lessons every day. Hopefully these may help some of you for whom the initial enthusiasm for home schooling is starting to drift a little! Good luck!

E-Safety at home

At a time where students will be completing more home study than normal, it is important that your child's online activity is supervised appropriately and their use of the internet monitored. We have a number of websites we recommend to parents that offer a range of e-safety advice, please find them here:

<https://www.marshacademy.org.uk/1105/e-safety-guidance>.

If you require any further advice or support, please contact us.

Celebration of **Students**

We would love to share as many examples as possible of where our students should be proud of what they have done during this time. This could be contribution to community, short video of a PE challenge, or school work. Brilliant!



Niamh Year 7

Mr Simmons **Brainteaser - Countries**

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DFE STUDENT WORK IDEAS

Secondary English

Audible

Website: <https://stories.audible.com/start-listen>

Key stages: key stage 3 and key stage 4

Description: all children's audiobooks are available for free while schools are closed.

Registration: not required

English Mastery

Website: <https://www.englishmastery.org/>

Key stages: key stage 3

Description: downloadable resource books providing 12 weeks of activities covering writing and poetry.

Registration: not required

English and Media Centre

Website: <https://www.englishandmedia.co.uk/publications/>

Key stages: key stage 3 and key stage 4

Description: downloadable resources covering a range of texts for key stage 3. GCSE resources are categorised by examination board.

Registration: not required

Pobble 365

Website: <https://www.pobble365.com/>

Key stages: key stage 3 and key stage 4

Description: a new image is published each day as a basis for creative writing. Story starters, questions and drawing ideas are provided

Registration: not required

Poetry by Heart

Website: <https://www.poetrybyheart.org.uk/>

Key stages: key stage 3 and key stage 4

Description: A wide selection of poetry covering different topics.

Registration: not required to view poems, but it is required to access teaching resources.

The Day newsletter

Website: <https://theday.co.uk/subscriptions/the-day-home>

Key stages: key stage 3, key stage 4 and key stage 5

Description: a daily newsletter for parents and carers at home with children, helping to enrich learning with real-world knowledge and skills.

Registration: is required

Secondary Maths

Bowland Maths Resources

Website: <https://www.bowlandmaths.org.uk/>

Key stages: key stage

Description: downloadable assessments on a range of subjects, including sample answers and assessment tips.

Registration: not required

Corbett Maths

Website: <https://corbettmaths.com/contents/>

Key stages: key stage 4

Description: a range of videos and downloadable questions categorised by topic and predicted grade.

Registration: not required

Hegarty Maths

Website: <https://hegartymaths.com/>

Key stages: key stage 3 and key stage 4

Description: interactive activities including videos and questions. Teachers can track student progress and tailor next steps

Registration: requires school registration

Mathigon

Website: <https://mathigon.org/>

Key stages: key stage 3 and key stage 4

Description: interactive maths resources that allow teachers and parents to track student progress and set activities.

Registration: not required

Maths Kitchen

Website: <https://mathskitchen.com/topics>

Key stages: key stage 4

Description: an interactive GCSE revision website. Resources are categorised by topic, including video lessons and practice questions.

Registration: not required

Mathematics Mastery

Website: <https://www.mathematicsmastery.org/free-resources>

Key stages: key stage 3

Description: downloadable guidance and resource packs for parents and pupils.

Registration: not required



More Secondary Maths

Nrich

Website: <https://nrich.maths.org/>

Key stages: key stage 3 and key stage 4

Description: a range of activities. Some are interactive and some are to be completed offline.

Registration: not required

Nrich Core Maths

Website: <https://nrich.maths.org/12524>

Key stages: key stage 3 to key stage 5

Description: games and puzzles as well as mathematical-thinking and problem-solving questions. Content is categorised by topic and age group.

Registration: not required

Nrich 'Solving Together' project

Website: <https://nrich.maths.org/solvingtogether>

Key stages: key stage 3

Description: this is a project that provides activities for parents and carers to try with children.

Registration: not required

Top Marks

Website: <https://www.topmarks.co.uk/maths-games>

Key stages: key stage 3

Description: a range of interactive maths games

Registration: not required

White Rose Maths (home learning)

Website: <https://whiterosemaths.com/homelearning/>

Key stages: key stage 3

Description: presentations and downloadable workbooks which are easy to use for parents.

Registration: not required

Secondary Science

Isaac Physics

Website: <https://isaacphysics.org/coronavirus>

Key stages: key stage 4 and key stage 5

Description: online problem-solving activities to support teachers and students. The content focusses on physics but also covers some maths and chemistry.

Registration: is required

STEM Learning (Home learning)

Website: <https://www.stem.org.uk/resources/curated-collections/secondary-and-level-science-0>

Key stages: key stage 3 and key stage 4

Description: an online resource bank, which links to resources on external websites. The site features a live chat function offering support from subject experts.

Registration: not required

Secondary PE

Fitness Blender

Website: <https://www.fitnessblender.com/>

Key stages: key stage 3 to key stage 5

Description: videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not.

Registration: not required

#ThisIsPE

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Key stages: key stage 3 and key stage 4

Description: videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.

Registration: not required

Secondary Mental Wellbeing

BPS

Website: <https://www.bps.org.uk/news-and-blogs>

Key stages: key stage 3 to key stage 5

Description: advice on dealing with school closures and talking to children about COVID-19.

Registration: not required

Children's Society

Website: <https://www.childrensociety.org.uk/coronavirus-information-and-support>

Key stages: key stage 3 to key stage 5

Description: information and support on different aspects of mental health and wellbeing.

Registration: not required

Rise Above

Website: <https://riseabove.org.uk/topic/my-mind/>

Key stages: key stage 3 to key stage 5

Description: videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

Registration: not required

The Child Bereavement Network

Website: <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Key stages: key stage 3 to key stage 5

Description: advice on supporting grieving children during the coronavirus outbreak.

Registration: not required



FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

OTHER

- ▶ Bleeding from an injury, that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe constant tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone

OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than three months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Severe tummy pain that comes and goes
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for more than 7 days
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain that comes and goes

BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 7 days