



26 March 2020

Dear all,

I am writing to give you as much detail as I can to support your child from now at home with their learning. Of course we hope that the situation improves swiftly, but should the academy be closed for the rest of the academic year, this document should ensure that your child has sufficient work in order to be productive for that long. I also want to clarify for the small number of Key Workers who we are supporting at school, this will continue through the Easter holiday if needed, we have not yet made a decision on Bank Holidays.

### **Keeping in touch with school**

Your SDL is your normal first point of contact, you will already have their contact details:

Yellow	<a href="mailto:KTodd@marshacademy.org.uk">KTodd@marshacademy.org.uk</a>
Green	<a href="mailto:VShell@marshacademy.org.uk">VShell@marshacademy.org.uk</a>
Red	<a href="mailto:CWinstanley@marshacademy.org.uk">CWinstanley@marshacademy.org.uk</a>
Blue	<a href="mailto:VGill@marshacademy.org.uk">VGill@marshacademy.org.uk</a>

Please email in the first instance as we are restricting the number of people on site and be patient waiting for any correspondence from staff as they are also worrying about their own families at this time and may not be able to respond as quickly as normal.

We have had numerous conversations with some parents about work and each year group is now being led by a senior member of staff, should you need support:

Year 7	Mrs Saunders	<a href="mailto:ssaunders@marshacademy.org.uk">ssaunders@marshacademy.org.uk</a>
Year 8	Mr Cartwright	<a href="mailto:scartwright@marshacademy.org.uk">scartwright@marshacademy.org.uk</a>
Year 9	Mr Scrivener	<a href="mailto:jscrivener@marshacademy.org.uk">jscrivener@marshacademy.org.uk</a>
Year 10	Miss Cavanagh	<a href="mailto:scavanagh@marshacademy.org.uk">scavanagh@marshacademy.org.uk</a>
Year 11 & Post 16	Mr Bloomfield	<a href="mailto:abloomfield@marshacademy.org.uk">abloomfield@marshacademy.org.uk</a>

If your child is a member of the Dommatt Centre (SRP) with Mrs Edmunds, TAC3 with Miss Sheepwash or TAC4 with Mr James you will be getting regular phone calls to keep in touch and you will already have the appropriate email addresses. Be aware that staff are working from home, so calls will show as 'unknown number'.

Communicating through Show my Homework is the easiest way to keep in touch with teachers about work, but if students need to email teachers directly, please ensure they do so ONLY through their school email address, teachers are not allowed to email a student's personal email address.

Reception is open and staffed 0800 – 1600 Monday to Friday, but where possible I am sending staff home, so you may not always be able to get through. General email enquiries can also go to [info@marshacademy.org.uk](mailto:info@marshacademy.org.uk)

### **Structure**

I have read many differing opinions on how parents should be approaching the education of their child at home and I am very clear. If what you are doing is working for you then keep doing it, the important thing

at the moment is keeping people safe, that will increasingly include looking after mental health if the current restrictions continue for a length of time, and if after that we can do some learning that is great.

For some children structure will help, there are even some people who get their child to change into school uniform for part of the day, so that it is clear when they need to be in 'school mode' and when they don't. I have given below a suggested timetable for each day and then go into some detail around how you might get each section of the day to work. Most people will need to adapt this and many will not use it at all, but it is probably useful to have a starting point if you are unsure. There is an A4 printable page at the end of this letter to enable you to display it, if that is useful.

Daily Timetable	
Morning	Get up and have breakfast
0900 - 0920	Daily Light Exercise
0920 – 1020	Curriculum Subject Learning
1020 – 1040	Break
1040 – 1100	Reading for Pleasure
1100 – 1200	Curriculum Subject Learning
1200 – 1220	Daily Light Exercise
1220 – 1300	Lunch
1300 – 1400	Online Learning
1400 – 1415	Break
1415 – 1500	Community Activity / Project Work
Evening	Family Movie / Board Games Some people suggest showering every evening at the moment

### Daily Light Exercise

It is really important to try to stay active, particularly if you are unable to get outside much or at all. There are lots of ways you can do this and I have listed some below, if you would like any particular advice or to talk through ways of staying fit and healthy feel free to email our Leisure Centre staff who will be happy to help you or call you back: [Leisure@marshacademy.org.uk](mailto:Leisure@marshacademy.org.uk) The Marsh Academy PE twitter account is also being used to support exercise and health.

#### [Joe Wicks](#) (aka The Body Coach)

Fitness coach Joe Wicks has been broadcasting at-home PE lessons for children of all ages. They are broadcast live on his [YouTube channel](#) at 9am every weekday morning.

#### Just Do Sport and The Family Fit Club

The Fit Club Children are passionate about helping other children stay fit during these unfortunate times and are keen to help others keep their fitness and energy levels as high as possible! There is no equipment needed and the children have come up with a variety of themes to keep them interesting. These themes include super heroes, the Olympics, music, dance, sport and many more!!!

<https://www.youtube.com/channel/UCgKRZDCAsEzn8JZFXivMeLg>

### Reading for Pleasure

This is the time for rediscovering the love of reading a book just for the sake of reading it. While there are many educational reasons why this is fantastic, even just for enjoyment is worthwhile. We appreciate there are a number of children who find this hard or not enjoyable. In this case reading magazines, online or e-books might be a way of making it more interesting. For those that continue to find it challenging, the SEN

department have already given out online literacy details to some students, please contact us if you feel your child would benefit from this but have not already been given details. <https://idlsgroup.com/>

We appreciate that some households will run out of books to read, so we have been encouraging KS3 student to take books from the library before they left, alternatively some local villages have book swap phone boxes you may be able to visit on your daily walk, but care needs to taken over whether this is appropriate in the current situation. To buy books, a number of online book catalogues have very cheap books if you buy sets at a time, these can be delivered.



Amazon are making many of their audiobooks available for free for children for as long as schools are closed. <https://stories.audible.com/start-listen>

**David Walliams** releasing a free audio story every day for the next 30 days. <https://www.worldofdavidwalliams.com/>

KCC libraries have a range of eBooks, eAudiobooks, eMagazines and eNewspapers that can be borrowed for free <https://www.kent.gov.uk/leisure-and-community/libraries/ebooks-eaudiobooks-emagazines-ewspapers>

### Curriculum Subject Learning

The main teaching and interaction, to personalise any home learning will be done through Show My Homework. I am aware that over 70% of students have been using this each day – well done! Contact us if you have any technical issues, I know there were some toward the start of the week, but I think most are now resolved.

All Year Groups	
<b>School email</b>	All students will be able to access school email via Office 365-Outlook.
<b>Show My Homework</b>	All Show My Homework usernames and passwords have been reset to match school email username and password.
<b>SAM Learning</b>	All year groups can work online independently in a range of subjects. Student have received usernames and passwords.

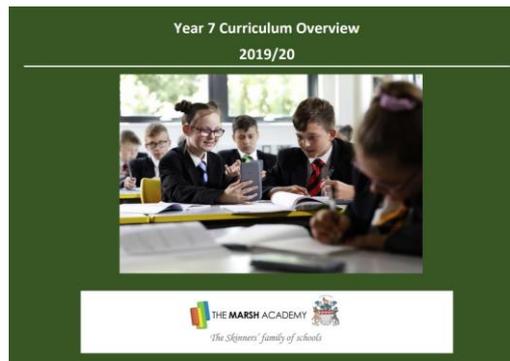
Many staff are using the feature that allows work to be handed in and are able to provide feedback, however **I want to take this opportunity to clarify my expectations of staff**. It is obviously great where staff can do this and I know they pride themselves on doing the best they can to support those students who have taken the time to hand work in. However, if a teacher is unable to do this for whatever reason, while you may not consider this to be ideal, they will have my full support. We have staff who are working very hard setting work despite caring for their own children full time, some staff are managing to be in school to support the small number of children from our school and other local primary schools, I am proud to say that 20 staff have already volunteered their services to the NHS, even more are volunteering to support vulnerable people in our community and all staff have the same anxieties we all share at this moment, so I will not be adding to their pressure. I know you will support me in this.

While work is provided on Show my Homework (and Google Classroom for Post 16), over the next few weeks, there will be some further guidance for some groups, for example for Year 11:

- Year 11 will now not have revision guides provided, given the cancellation of exams. We are working hard now to provide more meaningful resources aimed at each individual child's next steps, for example the A Levels they are choosing to study next year.

- They will get advice on completing Massive Open Online Courses (MOOCs) for their subject areas but also for general study. These are free to register and will ensure that students are learning a range of subjects and gaining study skills required for A level. <https://kayaconnect.org/>, <https://www.mooc.org/>
- <https://www.futurelearn.com/> offers a huge range of courses such as:
  - How to write successful applications, in preparation for UCAS
  - Basic first aid
  - Emotional intelligence at work

Remember that the academy website also contains the overview of the curriculum for KS3, so you can easily refer to this if you are unsure which topics to direct your child to:



## Online Learning

Many resources are springing up and are fantastic, but we cannot check every one, so please keep an eye on your child to make sure what they are doing is appropriate. If some of the links don't work due to this being sent as a PDF, a quick google search should find them.

## Kent Children's University

KCU has been working to create a large resource of home learning activities, challenge materials and ideas to help children stay creative, entertained and busy during these unpredictable times. Visit KCU Challenges and bookmark the page so you can find materials easily, as and when they are uploaded.

## Online Celebrity Support

- [Jennifer Garner and Amy Adams](#)  
The Hollywood actors have launched a new [Instagram account](#) in aid of charity Save the Children. It features stories told by celebrities.
- [Dan Snow](#)  
Dan Snow, also known as The History Guy, is offering free access to his [history documentary channel](#) History Hit for 30 days.
- [Brian Cox](#)  
The professor of particle physics and TV personality has said he will be getting involved with "several great initiatives" over the coming weeks. On Saturday, he took part in a Q&A session for the Comic Shambles Network's [Stay At Home Festival](#).
- [Steve Backshall](#)  
The naturalist, broadcaster and author will be running a live "wildlife chat" on Facebook, Instagram and YouTube on Wednesday nights.
- [Myleene Klass](#)  
The classical musician and radio presenter is offering free music lessons as part of a "Klass timetable" for children stuck at home.

- [Jamie Oliver](#)  
Chef Jamie Oliver is hosting a nightly cooking show on Channel 4 to help families plan their meals "in these unique times".
- [Theo Michaels](#)  
The former *MasterChef* star is streaming [live cooking classes](#) on his Instagram account and YouTube channel.
- [Darcy Bussell](#) The former *Strictly* judge's organisation [DDMIX for Schools](#) is hosting a 10-minute "shake up" on Facebook Live every day this week.

### Kent Association of Headteachers

KAH have created a site for online resources for children of all ages: <https://kah.org.uk/covid19/resources>  
Currently the range looks like this, but is being updated daily:

**Multi Subject Resources**



**CRASH COURSE**  
Educational videos hosted on You Tube on many subjects across humanities and sciences  
<https://thecrashcourse.com>

**Science**



**MYSTERY SCIENCE**  
Free science lessons  
<https://mysteryscience.com>

**Enterprise and Employability**



**IDEA AWARDS**  
Digital enterprise award scheme you can complete online.  
<https://idea.org.uk>

**Maths**



**DR FROST MATHS**  
Suitable for Key Stages 3, 4 and 5.  
<https://www.dr frostmaths.com>

**Maths Genie**

**MATHS GENIE**  
Suitable for Key Stages 4 & 5  
<https://www.mathsgenie.co.uk/>

**Corbettm@ths**

**CORBETT MATHS**  
Suitable for Key Stage 4.  
<https://corbettmaths.com>

**Humanities**



**BIG HISTORY PROJECT**  
Multi disciplinary activities.  
<https://www.bighistoryproject.com/home>



**GEOGRAPHY GAMES**  
Geography gaming  
<https://world-geography-games.com/world.html>

### Seneca

This is currently being offered for free but you have to sign up. <https://www.senecalearning.com/>

### Pearson

The exam board and textbook publisher Pearson are working to provide free learning activities, tools and advice to primary and secondary parents directly. Keep an eye on our support page for more information as it's available. <https://www.pearson.com/uk/educators/schools/update-for-schools.html>

### BBC Bitesize Revision

A range of different learning activities.

## Twinkl

It is currently possible to sign up for free for one month. <https://www.twinkl.co.uk/>

## Kerboodle

The online resource Kerboodle is now available to support Geography students.

## Maths Resources

All students have access to Hegarty Maths Online and can go to Corbett Maths 5 a day, Maths Genie or Maths Grader.

## French Resources

The following websites will be useful:

<https://www.duolingo.com/> , <https://www.languagesonline.org.uk/>, <https://quizlet.com/>

## Community Activity / Project Work

This might be exactly the time to get your child thinking more about their role in the community and while this might be more challenging at the moment, we plan to send out regular ideas to inspire them, with probably a range of light hearted challenges to try to keep spirits up. Here are some ideas to get you started:

### Real life Eye-Spy

There is already a local idea to get people to put things in the window of their house, to make a daily walk more fun. If you can do this it might brighten the day of other local people. Themes are:

w/c 23 March – A rainbow

w/c 30 March – Sunshine

w/c 6 April – Easter

w/c 13 April – Animals

w/c 20 April – Flowers

w/c 2 April – Smiley Faces

### Letter / Card Writing

Writing a letter or card and sending it to a grandparent, local care home, might make more of a difference than you think to people who are starting to feel isolated. A thank you letter to a teacher or sports coach or cub leader, would be so much more appreciated than you imagine.

### British Red Cross

The quick activities included in this new teaching resource will help develop young people's resilience and explore acts of kindness within the community. Using photos, facts and real-life scenarios 11 to 18-year-olds will consider how they could respond to different situations and the value kindness can play at this difficult time. <https://www.redcross.org.uk/get-involved/teaching-resources/coronavirus-newsthink>

### Young Enterprise

All of the below are **free to use** and would be easily accessible for students in their own home.

#### [Your Money Matters Textbook](#)

(KS4/KS5, PSHE, Citizenship, Maths) – **The free PDF version of the textbook** contains a wealth of information, activities and top tips in relation to money and personal finance.

### [My Money Week Resources](#)

(KS3/KS4, Cross curricular) – We have run My Money Week every year for the last 11 years. We have made all of the materials that have been developed over the last six years **available to download**.

### [Maths Matters](#)

(KS4, Maths) – This resource provides **activities and exam style questions** that follow the Maths GCSE curriculum but use money and finance as a context for learning.

### [Leadership Competition](#)

(KS4/KS5, Business and Economics) – We have teamed up with Telos Partners to offer a written entry competition based around 'leadership'. Entries can be up to 2,000 words and the deadline for entry is **18th May 2020**.

## **Family Movie / Board Games**

Family time is more important now than ever, so perhaps make the time to eat meals together if this is possible. Even eat at the dinner table. In the absence of school life, conversation with family may be the only interactions children get, so important to try to have proper conversation if possible.

- We will send some suggested movies you may enjoy, but may not have thought to watch.
- Get your children to write in a diary what they did each day – this can also be used as a clear sign that the 'school' day has ended.
- Watch a dance video from Go Noodle to get the heart-rate going.
- Ask grandparents to listen to your children read on FaceTime – they will love it even if your child takes a bit of getting used to it.
- Give them chores to do so they feel more responsible about the daily routine at home.
- Ask them to help you cook and bake.
- Accept that they'll probably watch more TV/spend time on their phone – that's ok but you might want to set/agree some screen time limits

## **School Trips/Visits and events**

While we hope to be wrong, we have to work on the presumption that trips and visits for the rest of the academic year will not go ahead. Some important ones to clarify are below:

- Year 10 Work Experience is cancelled. If you had found your own placement, please let them know and thank them on our behalf.
- Year 11 Prom is not cancelled – but will almost certainly be postponed
- July 2020 Ardeche Trip – clearly this is unlikely to go ahead, but there are potential benefits to us if we are not the ones to cancel it.
- The Ski Trip – we have a list of those who have returned forms, we are waiting until things are clearer before we consider opening on ParentPay.

## **Looking after yourselves**

This is clearly the most important thing. We will try to help, will send regular updates and perhaps some light hearted or community building suggestions. We know that it will be hard if we are restricted for a number of weeks. We also know, that the media will be full of images and stories that will not help us to stay positive. We know things will be bad, but we also know that the media will probably make it look even

worse. Please watch official briefings, whatever you think of how this is being handled, but my advice is to try really hard not to watch the news all day or to scroll through the news on your phone all day, otherwise I worry for many people about the impact this will have on your on mental health.

If you feel the strain is starting to take a toll, the contact details below may help or get in touch with us and we will try to support you.

[www.nopanic.org.uk](http://www.nopanic.org.uk) 0844-967-4848 (10am-10pm) - Assists carers of people who suffer anxiety

[www.mind.org.uk](http://www.mind.org.uk) 0300 123 3393 (Mon - Fri, 9am -6pm)

[www.ocdaction.org.uk](http://www.ocdaction.org.uk) 0845-390-6232 (Mon - Fri, 9.30am - 5pm)

[www.youngminds.org.uk](http://www.youngminds.org.uk) 0808-802-5544 (Mon - Fri 9.30am - 4pm) - Parent helpline

[www.nhs.uk](http://www.nhs.uk) Wellbeing - useful information

[www.helpguide.org](http://www.helpguide.org) Help for parents/carers of troubled teens.

[www.familylives.org.uk](http://www.familylives.org.uk) Advice on different aspects of behaviour in teens.

I hope that this helps, please feel free to share with others if you think it would be useful. Above all else, stay safe, follow the guidance and we will keep in regular contact over the coming weeks.

Best wishes,

**Shaun Simmons**

Principal

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## The Folkestone Haven

**For adult (18+) residents of Folkestone and Hythe District only**  
The Folkestone Haven has been designed to support people in a self-defined mental health crisis.

In light of the Coronavirus pandemic (COVID-19), the Folkestone Haven will be opening on 6th April as phone support only. This is due to the highly contagious nature of Coronavirus and the overwhelming priority to keep those in need of using the Haven and staff, safe and well. We will open a face to face service as soon as it is safe to do so.

During this time, we will be offering three dedicated phone lines from:

**Mon-Fri: 18:00 - 23:00**  
**Weekends & Bank Holidays: 12:00 - 23:00**

Phone numbers are for calls only (no texts):

**07827 533 871**  
**07827 533 887**  
**07827 416 697**




You can also get more information on supporting your mental health and wellbeing through the Folkestone Haven Facebook page

 @HestiaFolkestoneHaven