

3rd April 2020

Dear Parents/Carers

It is certainly the strangest Lent most of us have ever had. I am sure this year we can all confidently claim to have given things up! I hope that you all are keeping safe and well. There are a few things I would like to share with you.

School Work Over Easter

Years 7, 8 and 9

As this would have been the last day of the Lent/Spring Term, I have told staff not to set work for years 7, 8 and 9 for the next two weeks. This will give pupils a chance to catch up on work already set, but more importantly, spend some quality time with the family. The year 8 exams which were due to take place from the 20th April (the first week back after Easter) will be postponed. At the end of this letter, I have added some links/activities that you may find useful in helping to keep the young ones engaged but there are many more things available via the internet.

Year 10

We are planning to stick to the schedule for year 10 exams. These are due to take place from the 27th April (2nd Week after Easter). Mr Coyle has posted the exam schedule on the showmyhomework noticeboard. The idea will be that year 10s will complete these exams at home during that week, and the papers will be posted on showmyhomework as we have been doing for other work. It will be difficult I know, but I ask that students do their best to complete these under timed conditions as best they can. Further details about this will follow. Therefore, I suggest that year 10s use the next 2 weeks to prepare for these exams, whilst ensuring that they continue to get plenty of breaks.

Year 11

Ofqual and the government informed us that we would hear more information about how the GCSE and BTEC grades would be awarded this week. As I write this letter, we still have no details on this. I suggest that year 11s continue to try to keep their brains active, continue to complete any work set by their teachers and most importantly, keep healthy.

School Building Opening Over Easter

The school building will be open to vulnerable pupils and those of key workers on Tuesday, Wednesday and Thursday next week, and from Tuesday to Friday of the second week of the 'holidays'. This will mean that there will be no one to answer the phones on Monday 6th April, Friday 10th April and Monday 13th April. If there is a serious safeguarding issue, please check the safeguarding information documents on the home page of the website.

Wellbeing Support for Children

Kooth and Qwell are free online Mental Health and Wellbeing resources for children and young people in Derby and Derbyshire, and for parents and carers of young people under the age of 18 and they require no formal referral. They do require the user to set up an account on the website but they are available 365 days of the year via mobile, tablet and



desktop devices from 12 noon to 10pm Monday - Friday and 6pm -10pm at weekends. The services provide access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics. To sign up, just visit www.kooth.com/ for young people and www.gwell.io/ for parents and carers.

Safeguarding

Just a reminder to keep safe online. Check the information on the home page of the website for help and advice with this.

Please look after yourselves and others. As we enter Holy Week, we should be preparing to celebrate the biggest event in the Christian calendar. I continue to pray for you all during this difficult time. Wishing you all good health and know that God is with us.

God Bless.



Mr B Hickey
Headteacher



Free Online Classes for Children:

The following free online classes are available to help keep children at home engaged and active:

NDCYS – Streamed Monday mornings at 9.30

Please [tune into this](#) in schools and encourage your pupils at home to do the same.

PE with Joe Wicks - Streamed at 9am, daily

Fitness guru The Body Coach is leading a 30-minute livestream [on his YouTube channel](#) every morning with workouts created specifically for kids. Kick off your day with some exercise and keep your energy levels up!

Geography & Environmental Studies with Steve Backshall - Streamed at 9.30am, every Wednesday

Bring the wild into your living room with naturalist and TV presenter Steve Backshall! He'll be answering all of your burning questions about animals, conservation and the environment with his live Q&A broadcast across [Facebook](#) and [YouTube](#).

Maths with Carol Vorderman - Access anytime

Legendary Countdown alumnus and mathematician Carol Vorderman has opened up her incredible maths website [The Maths Factor](#) to the public, giving free access to 4-12 year olds until they go back to school.

Science with Maddie Moate and Greg Foot - Streamed at 11am, daily

[Join Maddie Moate from CBeebies' Do You Know](#) every day for a science lesson with a twist, all from the comfort of your own home! Let's Go Live features quirky garden activities, craft ideas and plenty of fun facts to keep little brains busy.

Dance with Oti Mabuse - Streamed at 11.30am, daily

Oti Mabuse is bringing some Strictly magic to your living room every morning with her [free daily livestreams](#) where she and Marius Lepure will be teaching you how to dance like a pro in just half an hour. Each day has a different theme - so far there's been Mary Poppins, Trolls and even Shrek!

English with David Walliams - Released at 11am, daily

Bestselling children's author and brilliant comedian David Walliams is releasing an audio version of one of his stories [each day on his website at 11am](#). When you've got a quiet moment during the day, settle down and listen to his hilarious 20-minute storytelling session and escape the world for a bit.

Food Tech with Jamie Oliver - Streamed at 5.30pm, daily

Chef Jamie Oliver is releasing new episodes every day of his [Keep Cooking and Carry On](#) series on Channel 4, focusing on how to make the most of what you've already got in the kitchen. Plus, Jamie's 9-year-old son Buddy has an [entire playlist on YouTube](#) dedicated to kid-friendly cooking that you can join in with.



History with Dan Snow - Access anytime

The History Guy Dan Snow is offering [free access to his website History Hit](#) for 30 days, which you can use to help stick to your history curriculum. You'll find documentaries on everything from Roman Britain to Jack the Ripper and everything in between.

Music with Myleene Klass - Released at 10am Monday, 6.30pm Wednesday, 10am Friday

Enrol in [Myleene's Music Class](#), where she'll be posting 3 lessons a week to get your children's music abilities flowing. You'll learn all the basics about rhythm and reading music and who knows, you may even end up with some mini Mozarts by the time lockdown is over!

Story Time with Amy Adams, Chris Pratt and more - Access whenever

Loads of huge Hollywood stars have joined forces to bring you [Save With Stories](#) - an Instagram account where celebrities read their favourite children's stories and sing their favourite songs to keep your kids entertained.

Home Economics with Theo Michaels - Streamed at 4pm, Monday and Wednesday

Join Masterchef semi-finalist and TV chef Theo in a [live family-friendly cook-along](#) as you create something delicious from your cupboards. He usually posts the ingredients you'll need [on his website](#) beforehand, so you can check you have it all ready.

Further Coronavirus Guidance:

Please see the links below to further guidance available on the Trust website. We ask that you share these within your communities as you see fit:

<https://primarysite-prod-sorted.s3.amazonaws.com/st-ralph-sherwin-catholic-mat/UploadedDocument/d80fa1136f1c4f5b8da29c6ee0cf278b/talking-to-children-about-coronavirus-guide-for-parents-carers-1.pdf>

<https://primarysite-prod-sorted.s3.amazonaws.com/st-ralph-sherwin-catholic-mat/UploadedDocument/1884d31526cb4a048b40f84da03ef711/talking-to-children-about-coronavirus-key-workers-1.pdf>

<https://primarysite-prod-sorted.s3.amazonaws.com/st-ralph-sherwin-catholic-mat/UploadedDocument/082e7af195784c35a377c77edb63adc8/encouraging-positive-mental-wellbeing-1.pdf>

<https://primarysite-prod-sorted.s3.amazonaws.com/st-ralph-sherwin-catholic-mat/UploadedDocument/292ef1d9d1814500b563692d9e038672/self-isolation-advice-for-studentsparentscarersstaff-1.pdf>

