

**Harland Way,
Cottingham HU16 5PX**

Tel: 01482 847 498

Web: www.cottinghamhigh.net

Email: office@cottinghamhigh.net

**Cottingham High School
and Sixth Form College**



30 March 2020

Dear parents/carers

I hope this email finds you and your families well.

Can I thank you for the patience you have shown over the last 12 days. The principle of distance learning is a new one for all involved, and while there have been some teething problems, we hope that most have been ironed out now. We are also grateful to you for taking the necessary actions that have meant very few of our students and staff have been put at risk by continuing to come into school.

We have been pleased to see the high completion rate of tasks set and the enthusiasm shown by many students to demonstrate their hard work. If you are still having issues relating to IT, please contact itsupport@cottinghamhigh.net. If there are issues with the setting of the work, please use the subject-specific emails listed on the previously shared document. Equally if you have if you issues in accessing online resources, please contact Office@cottinghamhigh.net and we will arrange suitable paper based work.

Links to **video updates** have been sent to your child's school email address by Mr Wardle. Please ask your child to check these for useful advice. They may take a little time to load so please be patient.

Share your work!

We would love to see more of the things you've been getting up to and share them with a wider audience. Please email photos to office@cottinghamhigh.net or to the subject leader to get recognition. If you are happy for the work to be shared on our school twitter and facebook pages, please let us know.

Information for parents of Y11 and 13 Students

It is crucial that students in these year groups continue to engage in learning so that they have the required knowledge & understanding to make a successful start in the next stage of their education or employment. If you have a child in Year 11, we are still setting work for them and expect this to be completed. Staff will monitor the completion of tasks and contact you should this not be done. For students planning to attend 6th form, they will find transition work packs in each subject folder in the Y11 Independent Learning platform on Microsoft Teams. Links have been supplied to this in the previous document and Mr White (Head of 6th Form) will be mailing out additional information soon.



The government is due to release guidance on how GCSE & A-Level grades will be awarded in the coming week. Once we have that information we will be in touch again.

For all year groups, time gained is a great opportunity to read more widely around subjects that interest them. **Futurelearn** www.futurelearn.com has a variety of free to access online courses, entailing videos, web chats, Q&A sessions and reading that can really challenge.

For curious minds, **TED talks** <https://www.youtube.com/channel/UCAuUUnT6oDeKwE6v1NGQxug> offer a wide range of videos to promote wider thinking and discussion.

Troubleshooting

Microsoft Teams

A few students have struggled to access Microsoft Teams – the biggest cause of this is the choice of web browser. Please use Google Chrome for effective operation

SAM Learning

If you have login problems, students can reset their password on the site, so long as they remember the school id is HU16CH and their username is their date of birth ddmmy followed by their initials. For example if your child's name was Joe Bloggs and date of birth was 23rd March 2007 it would be 230307jb.

Email

Please note that many staff are emailing tasks to students, or further guidance. Please encourage your child to login to their school email via the school homepage regularly to receive updates.

Effective Learning strategies

At Cottingham we recognise that all students have preferred strategies which they call on when they are learning. Neuroscience and psychology tell us that there are particular strategies which work most effectively. Check out this video for a nice explanation of these strategies which your child can embrace to make their learning stick <https://youtu.be/CPxSzxyIRCI>

Remote Learning Guidance

As teachers, and many of us parents, we recognise that this situation is stressful for parents. Trying to juggle potentially working from home, supporting children of different ages with their education while confined to the home, with the backdrop of financial uncertainty is challenging, but one we must all embrace for the foreseeable future.

We would recommend the following to make this time as effective and stress free as possible

1. Have a routine but keep it flexible, mixing up the order in which things are done from day to day (known as interleaving) is effective in promoting longer term memory. Young people's brains have the greatest capacity to take on information in the morning, so encourage your child to complete tasks then, with less structure to the afternoon.



2. We recommend that 2 hours of structured work per weekday is appropriate when learning remotely, with slightly more for older students. Expecting your child to work for 5 hours a day every day is ambitious but unrealistic.
3. Take an interest in the tasks being completed, it is amazing what audience participation does for engagement.
4. Monitor your child's online activity and ensure that they are using the approved communication approaches; School email accounts, Microsoft Teams etc. Further guidance on this follows in this document
5. Give your child the opportunity to read with you – and discuss. For example, a news article, short story or book.
6. Have regular screen breaks.
7. Exercise – there are lots of online fitness videos being shared, but use the opportunity afforded to get out of the house for that exercise once a day is important for mental health.
8. Ask your child how they are feeling about the situation, allow them to express their thoughts. At this point in the “lockdown” everyone's wellbeing is what is important. Some guidance on wellbeing is available below.
9. Learning is more than words on a page or buttons pressed on a computer - baking a cake, making a meal, doing some gardening, repairing a puncture, playing a board game, are all examples of activities that can be used to enrich our children's lives during this time and give them life skills that frequently we spend too little time addressing. The BBC good food website will allow you to search for recipes based on what you have in the cupboard – it is a lifesaver at times!
<https://www.bbcgoodfood.com/recipes/category/ingredients>
10. Get in touch with the school if you need further guidance.

Wellbeing & online safety

The links below provides useful information on how to ensure your child is safe online.
<https://tinyurl.com/onlinesafetythinkuknow> <https://tinyurl.com/onlinesafetyparenthelpsheets>

We feel that these articles may also be of use in supporting you and your family during this extended period of distancing/isolation.

<https://tinyurl.com/s8skp5c>

<https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

Enrichment Activities

We recognise that this time away from school is challenging for all involved, but it is also a great opportunity to try something different or make a positive contribution in any way possible. Below we have listed some additional resources that we think might be informative, educational and a purposeful break from conventional learning.



British Red Cross – Coronavirus Newsthink. <https://www.redcross.org.uk/get-involved/teaching-resources/coronavirus-newsthink> This is a good activity for your child to do to reflect on the quality of information that is being shared on social media about the virus, and how best to evaluate the information that we read or hear each day. Links to these articles are on the school website.

Audible

In the current situation, Audible is offering hundreds of audiobook titles to children ages 0-18 completely free of charge. Divided into four different age groups (Teen, Tween, Elementary, and Littlest Listeners,) these titles have been hand-selected by Audible's team of editors specifically to entertain, engage, and even educate young people who are stuck at home because of school closures and quarantine efforts. The selection includes many classics, such as Lewis Carroll's Alice's Adventures in Wonderland, Lucy Maud Montgomery's Anne of Green Gables, A. A. Milne's Winnie-the-Pooh, Charlotte Bronte's Jane Eyre, and Mary Shelley's Frankenstein. There are modern works as well as plenty of educational offerings, including Neil deGrasse Tyson's Astrophysics for Young People in a Hurry and Richard Robert's Becoming Fluent. There are even books to teach foreign languages. See <https://stories.audible.com/discovery> for further details.

National Theatre online <https://www.youtube.com/channel/UCUDq1XzCY0NIOYVjvEMQjqw>

From Thursday, The National Theatre is streaming performances through Youtube. A great way to enjoy award winning drama than from the comfort of the sofa.

Tigers Trust Competition

Hull Tigers Trust are currently running a daily competition through their twitter page – could you be the next winner? https://twitter.com/hashtag/TT30Challenge?src=hashtag_click

Tenner Challenge This is a national competition that can be completed by students independently at home. 'Tenner from Home' supports students to set up a project to research and plan a business opportunity that could be started with just £10. If you would like your child to take part, please contact office@cottinghamhigh.net

Maths Matters 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 (14+ only) This is a written entry competition based around 'leadership'. Entries can be up to 2,000 words and the deadline for entry is **18th May 2020**.

If you have any further questions over the coming weeks, please do not hesitate to contact us and we will respond as soon as possible.

Kind regards

The Leadership Team

