

Dear parent(s)/carer(s)

Over the last five weeks, we have been immensely proud of the way that students and staff have adapted to having the whole school learning remotely. It has been a challenge for all involved and I thank you for your support in getting your child(ren) online and helping support our delivery.

However, we are aware that in meeting the government's expectations of five hours learning per day, students are spending a lot of time in front of screens and consequently starting to struggle. It is a difficult balance to strike, as each child's experience of remote learning is different, but with half term approaching we hope that this will give everyone a chance for a sustained break from online learning to recharge, ready for what we hope will only be a further two weeks of remote learning.

In response to feedback from students, parents and staff, we will be reducing screen time for students, in an attempt to support their wellbeing, I have asked teachers this week to try to ensure that homework is set only if absolutely essential and to be flexible with lesson delivery, so that students aren't required to be focused on the screen for the full hour of each and every lesson.

Year 10 and 11 core PE will be flexible, so that students in these year groups can exercise or address their wellbeing in their preferred manner.

### **CHS – Y7-9 “Unplugged” afternoons**

This week, on Thursday afternoon, we will introduce the first of our “unplugged” afternoons, where we will encourage students in Y7-9 to engage in an alternative educational activity which doesn't depend on screen-based access (though we acknowledge that they will need one initially to look at the suggested activities and access instructions).

The menu of suggested activities, which has already been emailed to students, is attached with this letter. The links to activity guides will go live on Wednesday for students to access, using their school username and password. We have also included a wellbeing and mental health section, containing resources for students who may feel that their wellbeing is suffering. If your child has an alternative screen free project or alternative appropriate activity they wish to undertake in this time, then we would welcome that and they should share their experiences with their tutor.

We will commence the “unplugged” afternoon with a short virtual assembly at 13.00, which will introduce this initiative and outline some expectations around documenting student engagement with the activities, before encouraging them to “switch off”. Attendance at the assembly will be recorded.

These afternoons will continue, on a weekly basis for the remainder of the partial closure. The next two dates will be Wed 24<sup>th</sup> February, and Tuesday 2<sup>nd</sup> March.

We have been proud of what our students have achieved in this lock down period. We hope that with these small adjustments, they will maintain stamina for remote learning and return to school in a positive frame of mind.

A video announcement to accompany this update can be found here [https://consortiumtrust-my.sharepoint.com/:v:/g/personal/wardle\\_a\\_cottinghamhigh\\_net/EWKN4ebZY3FPopS543O4HhEBHULVaY9ulOwOONqPH1iDig?e=ovBWJg](https://consortiumtrust-my.sharepoint.com/:v:/g/personal/wardle_a_cottinghamhigh_net/EWKN4ebZY3FPopS543O4HhEBHULVaY9ulOwOONqPH1iDig?e=ovBWJg)

Yours sincerely

Mr A Wardle