



Academy Newsletter

Friday 15th January 2021

Spring Term

Issue: 16

We have made it to the end of week 2 of remote learning. The teachers are very impressed with the attendance in the live lessons and the work the children are turning in. Here are some hints and tips that may help you, especially as your kitchen and dining room tables are not specifically designed to be a classroom table.

Organise

Have items that the child uses most, placed nearby so they do not have to bend or twist their body or neck unnecessarily.

Ensure your child is up and dressed appropriately for lessons.

Ensure your child has had something to eat and drink before lessons begin.

Computer screen

Place the computer screen directly in front of your child.

Make sure their eyes are level with or just below the top of the screen.

Your child must be able to comfortably view the screen without having to noticeably tilt their neck forwards or backwards.

If need be, raise the height of the screen by placing on a book / ream of paper etc

The screen should be placed about an arm's length away from where they are sitting.

Keyboard

The mouse and keyboard should be positioned close together and in front of your child.

When using a desktop computer, centre the letters on the keyboard in front of your child, not the entire keyboard.

Place the keyboard in a position where their shoulders and arms are relaxed, and their forearms are resting on the desk / table.

Furniture and Equipment

Use a chair with good lumbar support. A rolled-up towel placed behind their lower backs also works well. Use a pillow to raise them up to the proper height if needed.

The edge of the chair seat should not compress the backs of your child's knees.

Their thighs should be supported and parallel to the floor.

Make sure your child is working on a stable surface.

Their elbows should be at the same height as the desk.

Their feet should be flat on the floor. Make use of a footrest if your child is too short. A box or a storage crate will do nicely if you do not have a footrest available.

Laptops

Encourage children to set up their laptops in a way similar to that of desktop computers. Laptops should be used on tables and desks and never on the lap. Sitting on the floor or chilling out on the bed or couch is a definite no-no.

iPads

If children are using an iPad an angled book holder may help with proper positioning and help prevent having to look down for extended periods of time. If you have a cookbook holder – this would suffice.

Distractions

Try to eliminate distractions such as the television, background noise and mobile phones. Wearing ear phones may assist your child to concentrate however the volume should be monitored to ensure it is not too loud.

Glare-free Screen

Check that the computer screen is free from glare spots. You may have to reposition the screen or adjust the lighting in the room.

Make sure your child avoids straining their eyes by taking frequent breaks. They can cover their eyes with their palms or look away from the screen.

Safeguarding

Please ensure you are in the room when any **online live** lessons are planned. Supervision is paramount so as to monitor their behaviour.

Ensure you are aware of the timings and dates of **online live** lessons and your child has all the resources required.

Health & Safety

Make sure any trailing cables are covered or laid so not to cause a trip hazard.

Do not overload sockets / extension leads and switch off all electrical appliances after use.

Do not allow iPad and laptops to be used in bed.

Restrict computer time (after spending time online lessons) and encourage other activities.

And lastly...

Make sure your child takes a break and moves every 30 minutes.

Here are ideas for some quick movement breaks:

Stand and stretch arms overhead. Grasp hands, interlocking fingers, flip palms up to the ceiling and stretch.

Bring arms behind your back at hip level, grasp hands and try to pull shoulder blades down and together.

Stand with hands against the wall, place one leg back with knee straight and foot flat on the floor. Keep your body straight like a board, lean into the wall and stretch the back of the calf. Repeat on the other side.

Stretch your neck from side to side. Jump up and down and shake your hands.

Go outside and get some sunshine and a good dose of vitamin D



Remote Learning

If you or your child has any questions regarding their learning, please contact the Academy office and they will pass this onto the class teacher. We aim to get back to you as quickly as possible, however the teachers do still have a teaching responsibility in the Academy, so please bear with us.

Remote Learning Technology Questionnaire

As we have entered into a second round of remote learning, St Peter and St Paul Catholic Primary Academy are aiming to ensure all pupils have all the necessary tools and technology to make this kind of learning successful. Please use the link below to complete the form which will help us identify pupils who may need this kind of support. Thank you for your time.

<https://forms.gle/E2dZcr5PVnoqqHJUA>

Safety Online

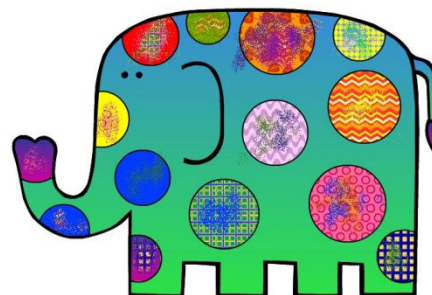
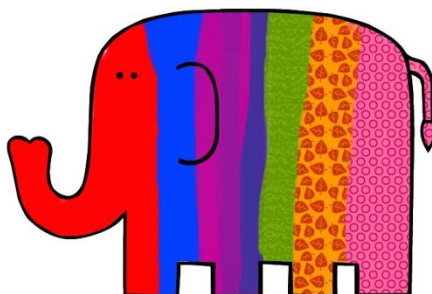
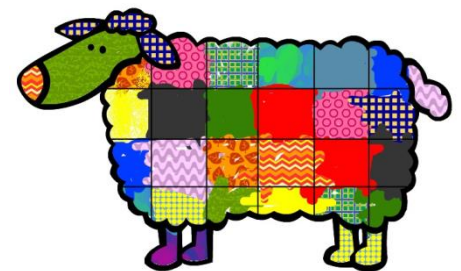
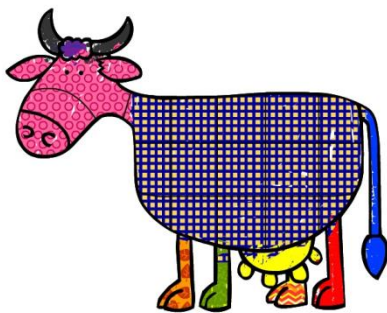
As the children are spending more time online, please be vigilant and monitor what they are doing. We will be adding some parent factsheets to our online safety section of the website, so keep an eye out for these. In the meantime, please consider the following when your child is participating in the live lessons.

- Make sure they are dressed appropriately - no pyjamas please.
- Ensure there is an adult supervising these sessions.
- Pupils should be in a safe space in the home - this should not be their bedroom.
- Live lessons are private and these should not be recorded or shared in any way.

Photographs

If you have any photographs of your children's work or them carrying out their work, please send it to the Academy office. We would love to see what they are doing. They could even make it on to the Newsletter!

Year 1 - Art Work



Bromley Well Young Carers Service

Bromley Well Young Carer Service supports young carers aged 4 -19 who are helping to support or care for a parent, sibling, friend or relative at home. Check out their latest newsletter on the SEND page under Academy Information on our website - here you will find out about all the great work that this service provides and contact details, should you need them.

CAMHS Resources

At present the Coronavirus is the cause of much anxiety and concern for young people and families. Use the link below to access some resources designed to help cope with such stress and uncertainty at this time.

<https://www.camhs-resources.co.uk/coronavirus>

Please remember that we have a Mental Wellbeing page on our Academy website where you will find all of this information, resources, website links and more.

Bromley MENCAP January Drop-in

We have a general Zoom drop-in on 26th January at 11am. To attend, please email autismfamilysupport@bromleymencap.org to be sent the joining details.

Nativity Viewing

We had a fantastic response to our online viewings of the nativities on the 18th and 26th of December. There was an amazing 142 views in total. However, if you are one of the few who missed either of them, or you would like to watch them again then we have scheduled one more viewing on Sunday 17th January.

Access to the Nativities will be the same as before. We have sent out a reminder of how to do this.



Speech, Language and Communication

Speech Link has put together some games and activities for you to use at home to encourage your child's talking and listening. Some activities are aimed at developing your child's understanding by using everyday activities. Our speech activities develop your child's ability to hear speech sounds. Our language activities focus on supporting understanding of language.

<https://speechandlanguage.info/parents/activities>

<https://speechandlanguage.info/parents/2020-11-26-winter-listening-walks>

For 'Top tips for talking with your child' please see the poster on the Academy website (SEND page) along with these supporting videos:

[Tip 1- Slow Down](#)

[Tip 2- Keep it simple](#)

[Tip 3- Be positive](#)

[Tip 4- Make Links](#)

[Tip 5- Give details](#)

Please remember that we have a page on our Academy website where you will find all of this Special Educational and Disabilities Needs information, resources, website links and more.



Bromley Y, School Wellbeing Service Improving Access to Wellbeing Support – Support Calls

Is your child experiencing difficulties with their emotional wellbeing? Are they feeling anxious and/or low and you are uncertain how to support them?

During these unprecedented times we would like to make it as easy as possible for young people and their parents/carers to receive appropriate wellbeing support. Up until the Christmas break, we are offering consultations via phone/video (up to 30mins) to talk to one of our practitioners. The aim of this is to provide advice and guidance to support the wellbeing of your child.

Email: swswellbeingsupport@bromleyy.org

Please provide your name, phone number, child's school, best times to call (morning or afternoon), a brief description of what you wish to discuss.

We will do our best to call within 5 working days to help you think about how to get the help you need. This may lead to a referral into our service or sign posting to a more appropriate service with your consent.

Visit www.bromley-y.org for self-help support

Health and Wellbeing

With lots of you working from home, try to make some time for you. Take heed of the following advice, if possible. Make sure you take at least a 30-minute lunch break, ideally getting outside for some exercise, if you can. Try putting a reminder in your diary when you plan to finish working and communicate this to your colleagues so they know when you're contactable. At the end of the working day, turn off your computer and any other devices so you're not tempted to check work emails and try to take your mind off work by doing something else.

BCP - Bromley Children's Project

The project is a borough wide service that supports families living in Bromley to create a safe, secure and happy environment for all children, by reaching out to expectant parents, current parents and young people aged up to 18 years; particularly those who are struggling and are in need of additional help.

Parenting Hotline 0208 461 7259

If you need someone to talk to because you:

- are finding family life challenging,
 - don't have enough food,
- are experiencing problems around housing,
- are having difficulties paying a bill,
- have just had a baby and need some support,
 - are feeling stressed and overwhelmed,
- or you would simply like some information about the support services available to you:

Contact BCP, using the parenting hotline number. A parenting practitioner will speak with you.

<https://www.bromley.gov.uk/bromleychildrenproject>

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Parenting Support Programmes - delivered remotely

New Forest Parenting Programme (for parents of children with ADHD)
4 x 90 minute sessions

This course is for parents and carers of children who are displaying some of the symptoms associated with having ADHD, or already have a diagnosis of ADHD. It explores what ADHD is and supports you and your child in managing the behaviours through parenting, communication, and mother/ father/ carer/ child relationships.

Strengthening Families, Strengthening Communities (for parents with children aged 5-18 years)
4 x 2 hour sessions, introducing the full programme.

Parents will gain the courage and commitment to develop positive parenting skills, develop close and warm relationships between parents and children, and support the self-discipline and self-esteem of children. It will develop strategies to manage anger and address issues such as domestic violence, substance misuse, and depression.

Parenting Workshop Webinars - delivered remotely

One off seminars 75 minutes covering:

Relationships,
Boundaries,
Rules.

Attend one, two or all!

Sign up for the Parent Support Programmes and Workshop Webinars via a simple referral form found on our Academy website (SEND page under Academy Information - look for the BCP tab) or on the BCP website:

<https://www.bromley.gov.uk/bromleychildrenproject>

The form can be completed on-line and submitted directly electronically or it can be printed and handwritten or typed and emailed or posted. If you need support to access the referral forms or unsure if the course is the correct one for you, call 0208 461 7259.