



Extended Closure Plan 2020

Briefing sheet for Parents version 2 – Updated 2/4/20

How can I help?

- Find out from the school where and how work is set (see below).
- Work out how to download and upload work, and how to communicate with teachers.
- Log on and print off resources if possible, to avoid the necessity for computer access.
- If you don't have computer access, please let us know and ask for resources to be sent through the post.
- Ensure that you have regular conversations with your child and check progress with tasks each day.

Should I set a routine?

- Yes, this will really help!
- Whatever your child's age, a routine for the day is very important, particularly if your child is reluctant at the start. It may be difficult but if you insist on a daily ritual it is a lot easier.

How will my child get work?

- Students will be expected to work in accordance with their timetable and can expect to communicate with their teachers via email / Show My Homework during the times that they normally have lessons.
- The SMHW app can be downloaded onto a smartphone.
- If you have not yet let us know that your child won't have access to the internet during this time, please contact us on: school@kingsburyhigh.org.uk. Details of how to collect the work will be sent out to you.



Some tips on routines



- Have the same start time every day, where children are up, dressed and have had breakfast by the start time.
- You could follow their actual school timetable as far as is practicable.
- Build the day into time-limited blocks with set times for breaks and lunch. Do not allow recreational screen time in breaks or lunch. It may be difficult to get your child to put the device down.
- Do something more creative and energetic in the afternoon.
- Have a set finish time for the day.
- Build in physical activity every day which you do with you do with your child or at least at the same time.

How often should children be getting a break?

- First things first – build in the breaks. Break down the day and build in time for:
 - Fresh air: A 15-minute break in the garden or a brief walk down the street can make all of the difference, following advice regarding social distancing, of course!
 - Food: Remember to build time in for healthy snacks to keep your children nourished and to feed their minds.
 - Discussion: Do not underestimate the impact that it will have on the children not being able to talk to their friends and engage in social interaction with their peers. Build time in for talking about their learning and encourage positive conversations with your children while they are working and during breaks.
 - Laughter: In the current climate, it is essential that we act as circuit breakers for the anxiety, frustration and sadness that will inevitably affect so many children and families.



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What if I am worried about my child online?

- There are lots of resources available to help children stay safe online:
 - www.thinkuknow.co.uk/ (advice from the **National Crime Agency**)
 - www.internetmatters.org/ (support for parents and carers)
 - www.lgfl.net/online-safety/default.aspx (support from London schools' internet provider)
 - www.net-aware.org.uk (support for parents and careers from the **NSPCC**)



My child has free school meals – how can I access support?

- The school has made contact with all those families we think are eligible. If you think you are eligible and we have not been in touch, or you have become eligible, please let us know via school@kingsburyhigh.org.uk

How do I access the key worker of vulnerable child provision?

- Please contact Mr Patel on keyworker@kingsburyhigh.org.uk 3pm on the day before you require the childcare.

How will I keep in contact with school?

- You must keep us informed of your current contact details.
- The school will post information via its website is www.kingsburyhigh.org.uk Twitter: @kingsburyhigh and using text messaging.
- We are monitoring phone calls, voicemails and emails during the closure on all the usual numbers (including safeguarding). These contacts are only available during normal school times (8:30am-4:00pm) and published term times (see website).

How can I keep my child active if they are at home?

- An online exercise class for children each day at 9:00am <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Where can I get support for parenting?

- **Young Minds** have a free parent helpline Mon-Fri 9:30am to 4:00pm 0808 802 5544. They also have a website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



When can my child come back to school?

- The school will re-open when we get advice from the Government telling us it safe to do so
- Our website www.kingsburyhigh.org.uk will be updated as information changes.

What if my child has a confirmed case of Covid-19?

- Let the school know your child/ward has a confirmed case of Covid-19. This can be done by emailing khsattendance@kingsburyhigh.org.uk

Where do I get updates on COVID-19?

- The Government website: <https://www.gov.uk/coronavirus>

Department for Education coronavirus helpline

The Department for Education coronavirus helpline is available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:

Phone: 0800 046 8687
 Email: DfE.coronavirushelpline@education.gov.uk
 Opening hours: 8am to 6pm (Monday to Friday)