

# KS3 and KS4

*Expectations for working from home and guidance on how to get organised and study effectively when school is closed*



# Start of the day!

Log in to the VLE and check the **daily email** from your Form Tutor by 9am

Read the....

- Daily Bulletin
- School prayer and worship
- Key messages



# Planning the day!

Now check the following to see what work has been set:

- School Email
- Class Charts
- Heggarty Maths
- MS Teams

Your teachers will be setting work to cover your normal timetable. You will have up to 5 tasks per day. Try and spread these out over the day to keep you busy.



*Put your timetable up on the wall for a daily reminder. Follow the times of the school day to help keep a routine.*



# Submit your work! Get feedback and House Points!

You will be able send some of your work back to your teacher.

They will be online everyday!

- Use your school email to send work to your teacher
- Use MS Teams (if teacher has set this up)
- Heggarty Maths records your progress



*Teachers will set work for all the lessons on your timetable. They will record when you submit work and add house points*

# Log in every day!

Make sure you know your login details – your Form Tutor can send you this.

Tutors will now if you have logged in to Class Charts to check your daily work.

If you don't log in each day then your Form Tutor will contact you.

The Head of Year will phone home if this becomes a daily issue.



*Teachers will set and monitor work. Tutors monitor daily with the Head of Year to check you are logging in. Its really important you do!*

# Get active!

At school you get a 20 minute morning break and 45 minute lunch break. You also do PE and may do sports clubs.

If you are well and not in self-isolation aim to keep up your levels of activity.

We all know you will sit and watch TV, go on your games console and spend time on your phone but....get into a routine and get outdoors as well if you can!



*Activity is good for the brain and your overall health. Think how much walking around you do at school each day!*

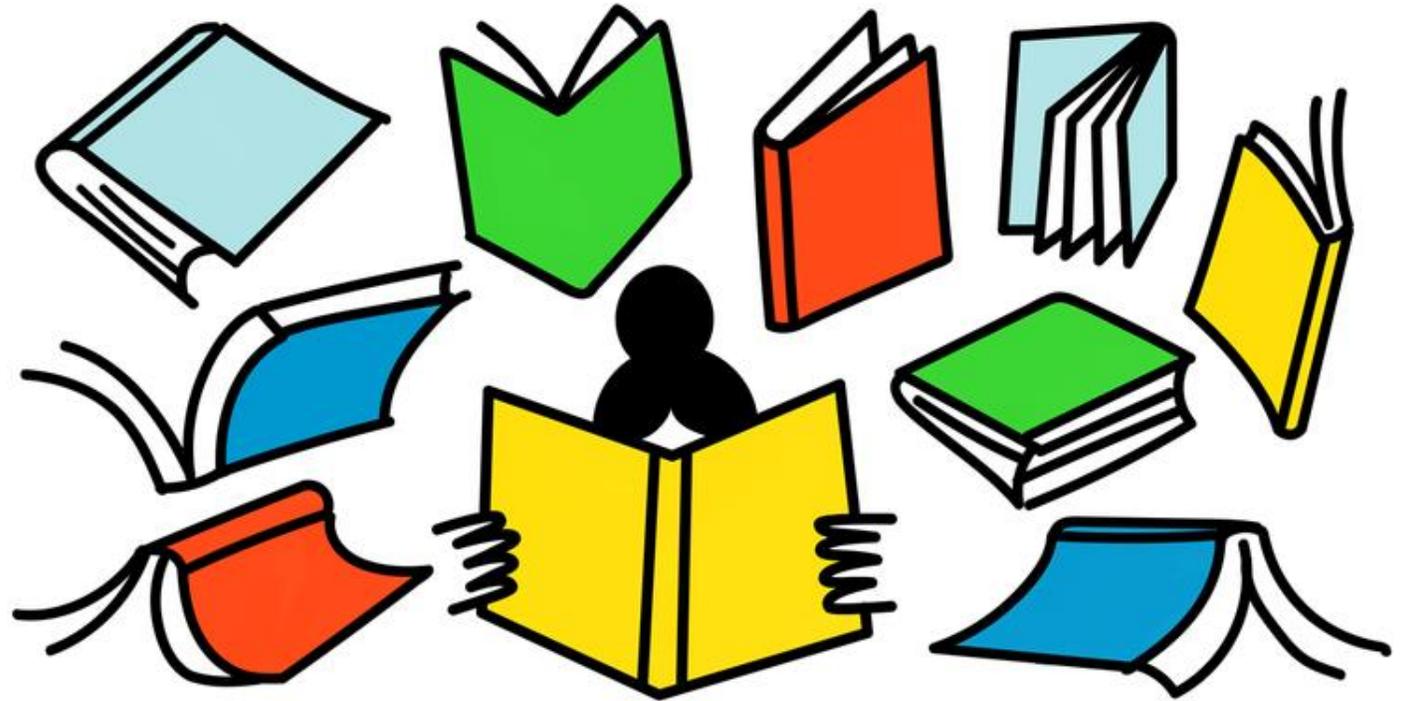
# Just Read!

We would like you to read for at least 30 minutes per day.

This is so important, especially when you have lots of free time.

Aim to complete the book – and start a new one.

Audiobooks can be very entertaining and help pass the time – you can find free ones on YouTube and Spotify.



*Did you know that if you read for just 15 minutes a day over a year you will have read over 1 million words!*

# What do we need you to do each day?

*In summary the expectations are:*

- Check your school email at 9am for the daily bulletin
- Access the work your teachers have set
- Make sure you have a suitable study space
- Follow a routine (such as your normal school timetable and the times)
- Submit your work for your teachers who will check daily
- Keep active as much as you can and are allowed
- Read for at least 30 minutes per day
- Email your Form Tutor with any queries or questions
- Be mindful of your own wellbeing and seek support if you need it

# Taking care of yourself and others

The services available and promoted through school can still be accessed:

[kooth.com](https://www.kooth.com)

NSPCC

The King's CE School  
Designated Safeguard Lead  
Mr Sutton

[p.sutton@kingswolverhampton.co.uk](mailto:p.sutton@kingswolverhampton.co.uk)



# Additional advice for parents





# things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry? What might your worry say back? Then what?

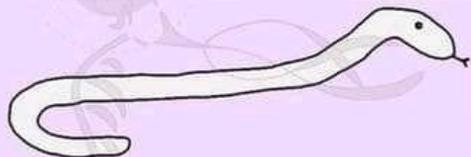
5. Let's draw it.



6. What does it feel like in your body? Where is the worry? How big is it?

7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

## 8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

### 1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



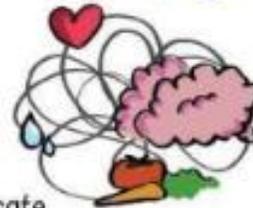
### 2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



### 3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



### 4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



### 5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

# FOCUS

### 6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



### 7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

### 8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



# Additional guidance for parents and carers

**We expect pupils will be spending more time online when school is closed.** Support them to do it safely.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

**School closure means more time spent at home.** Child Net resources are very useful in supporting parents when it comes to having conversations about difficult topics and internet safety.

<https://www.childnet.com/parents-and-carers/have-a-conversation>

**We are setting work for pupils each school day during the closure.** Support them to do some more if you wish!

<https://www.twinkl.co.uk/resources/parents>

<https://www.bbc.co.uk/teach>

<https://quizlet.com/en-gb>