

Aspiration  
Respect  
Endeavour

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Roding Valley  
HIGH SCHOOL

Friday 17<sup>th</sup> April 2020

Dear Parents / Carers,

I really hope that everyone is keeping safe, my thoughts are with all the families in our Roding Valley High School community that have been affected in so many different ways by this virus. I am sure we all share in my sadness and send our condolences to those families that have suffered a loss at this time. Even though the school is closed for the majority, we remain a community, committed to your children's welfare and education. We are here to support all our young people and their families and please, do not hesitate to contact us if you need more help at this most difficult time. I hope that you did read the [end of term bulletin](#) or follow us on the school twitter account @RodingValleyHS, the PE department's twitter account @RodingValleyPE, or our Instagram account @rodingvalleyhs. It is so positive and inspiring to see the resilience and continued celebration of the achievements of our students. Please also keep an eye on your emails for numerous other bulletins and correspondence, including our Humanities bulletin, Roding Reads and much more.

The lockdown has now been extended by the government and schools will remain closed. We do not have any further information to share with you regarding the reopening of schools at this time. We will let you know any updates as soon as we have them from the government.

However, as we start the new term, as promised we have tried to put together a guide to support both parents and students and share with everyone, our expectations of remote learning and a 'normal school day'. This is only a guide; it is purely to provide a suggested structure and manage everyone's expectations. The timings are not compulsory but there is an expectation that our students continue to engage with the school and the learning being provided. This has to be balanced with maintaining good physical and mental health. Please do look out for our Wellbeing Wednesday Mindfulness bulletin, Roding Matters, which focuses on ways to maintain good mental health. Please also try to encourage your child to engage with the PE physical challenges or the reading challenges being set. Students can send their challenge attempts to PEChallenges@rodingvalley.net. We will also be expanding our student welfare calls to home during this half term.

Please find attached to my email the following supportive documents:

- [Home Learning Timetable Guidance Summer Term 2020](#): This document also includes safeguarding guidance and links from the government regarding recommendations of online platforms.
- [Student Guide to using Google Classrooms](#)



Bronze

- [Updated Home Learning Booklet](#): This includes Google Classroom codes and learning resources

I trust that you will find these documents useful, they contain many links to important information and learning resources.

We welcome two new members of staff to our school community, Mrs Tarantino-Amor, our new SENDCO and Mrs Delbourgo, our new Head of Social Sciences. Both teachers are incredibly experienced and highly qualified, I am delighted that they are joining our team. I would also like to announce that Mr Jones has been promoted internally to the position of Head of Sport & Nutrition Faculty and Mr Tisdale as Head of the Creative Arts faculty. Congratulations to these excellent and well deserving teachers.

I have been asked to share the following advice with parents from the NHS regarding the seeking of medical help for sick children during the COVID-19 crisis. Since the COVID-19 crisis struck there has been a marked reduction in children attending A&E – a sign parents may be delaying seeking medical help for their children. Much of this is due to the misunderstanding that all NHS services are focusing on COVID and normal services are not operating. Self-isolation, social distancing, the fear of infection in hospital, are also things which may cause a delay in seeking help for a sick child. However, these delays could cause children to become more poorly than they should do.

Should your child become unwell:

- [This poster](#) with advice for parents when a child is unwell/injured has been approved by NHS England for dissemination to support parents and carers of when to seek help and advice and which service they should contact.
- [This video](#) produced locally by two clinicians (and approved by NHSE/I) informs parents of the services available and when to seek help.

It is so important that we maintain children's and your good mental health during this time of remote learning:

*Resources to promote and support children and young people's mental wellbeing include:*

- [MindEd educational resources for adults about children and young people's mental health](#), which is relevant for parents and carers as well as volunteers, teachers, and other professionals working with children
- the [Every Mind Matters](#) platform which supports looking after your own and other's mental health
- [Guidance on looking after wellbeing and mental health during the coronavirus \(COVID-19\) outbreak](#)
- [Guidance on supporting children's wellbeing and mental health](#)

All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the coronavirus (COVID-19) outbreak.

Please also note these additional useful resources for families:

### **Parenting Together Support Group**

Programme to help reduce parental conflict. Support has switched from face-to-face therapy to video based sessions.

### **Links to useful websites/resources in relation to Child Exploitation**

ESCB Online safety resources for professionals, parents/carers and young people - These are in relation to online grooming and exploitation, as there is a risk this may increase during the lockdown.

**Talking to children worried about Coronavirus**

Children's Guide to Coronavirus from the Children's Commissioner - The guide aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.

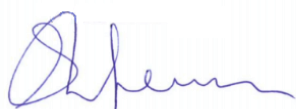
NSPCC Talking to a child worried about Coronavirus - The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus.

Advice from Unicef - **6 ways parents can support their kids through coronavirus**

I would like to take this opportunity to remind you that Miss Dyer is my Safeguarding Designated Lead. She is supported by Mr Price, Mrs Low and Mrs King as well as the wider pastoral team, including all the Year Progress Leaders. In the event of you being concerned about a young person, please do not hesitate to email the team at [Safeguarding@rodingvalley.net](mailto:Safeguarding@rodingvalley.net). If it is an emergency and the delay will potentially allow a young person to come to harm, you should call the Police on 999. If you would prefer not to talk to a member of our team, you may also call The Essex Children and Families Hub on 0345 603 7627.

Stay safe and stay home,

Kind regards



Sharon Jenner  
Headteacher