

Aspiration
Respect
Endeavour

Alderton Hill, Loughton, Essex IG10 3JA
t: 020 8508 1173 e: office@rodingvalley.net
www.rodingvalley.net
Headteacher: Mrs S Jenner
Chief Executive Officer: Mr P Banks



Roding Valley
HIGH SCHOOL

Friday 22nd January 2020

Dear Parents/Carers and Students,

We are all so proud of how quickly our students have adapted to online learning, participating in their online live lessons and completing their independent directed study tasks. The engagement from our students has been outstanding and the feedback from parents and carers, students and staff is something we are monitoring very closely.

One aspect of our current timetable that we are reviewing is 'screen time.' Remote learning naturally involves a large amount of this and we are very aware of the effects that this is having, or will have, on our students. Staff are constantly trying new initiatives and new ideas to ensure students are receiving a full, rounded education, but also looking after their wellbeing and completing some tasks that do not require them to be glued to a computer screen.

Hopefully you have been receiving the Wellbeing Wednesday weekly message from Miss Dyer. If there is ever anything in particular that you would like us to focus on or need specific support with, please do not hesitate to contact her directly sdyer@rodingvalley.net or indeed any other member of staff you feel comfortable with.

On Wednesday the 3rd February 2021, we would like to take the idea of Wellbeing Wednesday a step further. This is in response to the ideas put forward by our brilliant Roding Valley High School **Student Voice**. We really value our students' opinions and encourage them to drive and lead in the school community. The student voice comprises of 18 students representing each of the year groups, so we are able to get a snapshot of the whole school's views and opinions. We have also received feedback from our parents and carers in a recent survey which indicates almost everybody feels that this would be a welcome opportunity for families to take some timeout of the home school routine. We have listened to everybody and developed this day which promises to be fun, educational and most importantly have a positive impact on our school community's wellbeing.

On this day, 'Wellbeing Wednesday Day', the normal timetabled lessons will be suspended and all students will get the chance to follow the 'wellbeing timetable' where they will find helpful videos, pieces of information and tasks for them to complete throughout the day. We would encourage parents and carers to take part in these activities as well where possible.

Further on in this letter you will see the plan for the day and as you can see the whole day starts with a chance to get together with their academic mentor group and form tutor. You'll see that part of the day is dedicated to 'catching up' - we recognise that one of the biggest drains on wellbeing is the weight of outstanding work that should be completed, so have factored in some time for students to do just that - at this time, staff will be monitoring their emails and google classrooms to offer any guidance, feedback or additional support or resources students may need.



	9.00-9.30	9.30 -11.00	11.00-12.00	12.00-13.00	13.00- onwards
All Year groups (7-13)	**Form Time** A chance to catch up with the rest of your academic mentor group and see your tutor on Google Meet	Home Learning and Revision 'Catch up' time - clear the decks!	Exercise let's get releasing those positive endorphins!	Cook/Bake Along let us know if you need help with the ingredients list	Tasks for the day A series of feel good tasks and challenges to get involved with

****Please note that we expect all students to attend form time****

With the exception of the 9.30am -11am catch up time, the rest of the timings of the day are completely flexible. If you want to bake your lemon drizzle before going for your 5k walk or doing the PE work out, that's fine - it's up to you. That's what it's all about on this day.

Form Time

Students will attend a google meet with their form group and tutor. Where they will receive important information about the day and where to find any links they need. This is also a chance to connect with the rest of the academic mentor group and see the familiar face of your form tutor.

Home Learning / Revision

Students will have 90 minutes to do any work they would like, catch up on work missed or do some revision. Ms Larkin will be sending some Learning tips and revision guidance video on the day at 9.30, when this slot begins. (This video will also be available on our RVHS YouTube page) Please note that members of staff will be available via email if students have any questions during this time frame.

Exercise

Students will be able to access the Roding Valley High school PE department 30-minute home work out (not to be missed!) or take part in their own daily exercise routine. Students will receive the link via their email address on the day.

Cook /Bake

Students will be able to access the baking master class by the food and nutrition team. See what they will be making and an ingredients list below, if you are in receipt of free school meals and need some help with the ingredients, please contact us.

Ingredients list for baking masterclass:

Lemon Drizzle Cupcakes		Savoury Bread Pinwheels	
250g pack of butter, softened	75 g caster sugar	300g strong white flour	½ red onion
250g caster sugar	Optional- buttercream	½ x 5ml spoon salt	2 mushrooms
3 eggs, lightly beaten	150 g Unsalted Butter (not stork - room temperature)	1 x 15ml spoon oil	50g cheddar cheese
250g self-raising flour	300 g Icing Sugar	1 sachet quick acting yeast (7g)	1x 15ml spoon tomato sauce
Zest of 2 lemons	Juice of 1/2 Lemon	200ml warm water	1 x 5ml spoon mixed dried herbs
Drizzle	Sprinkles	2 tomatoes	
Juice of 2 lemons			

Tasks for the Day

1. Do something you enjoy;

- Read
- Computer game
- Kick a ball in the garden
- Play a board game
- Play with family member
- Play an instrument
- Dance

2. Eat something you enjoy - Simply eat one of your favourite foods!

3. Give something back

- Make a cup of tea for a family member
- Ask what you can do to help at home.
- Email a teacher to say thank you
- Call a friend to check they're ok
- Call a family member or friend you haven't spoken to in a while.
- Make a small list of things you are grateful for.

4. Rest

- Rest. Take some 'timeout.'
- Have a nap (20-minute power nap), sit on the sofa, watch a film, put your phone down!
- Students will be sent the instructional video on breathing techniques via email on the day.

We will be encouraging students to take a 'selfie' completing any of the tasks or activities and email it to sdyer@rodingvalley.net - we will be selecting some of these to put on our school account pages. Sending an email would denote permission for the pictures to be used on our school's social media accounts. It would be amazing to receive some pictures of parents and carers or whole families getting involved too. We will be posting these on our Twitter account [@RodingValleyHS](https://twitter.com/RodingValleyHS) and our Instagram account [@rodingvalleyhs](https://www.instagram.com/rodingvalleyhs) - get involved!

We hope that the students find this day beneficial, relaxing and hopefully provides some needed respite and fun during these difficult times. **Please note that this is for one day only and we will return to our online learning provision the following day (Thursday 4th February).**

Tom Price

Assistant Headteacher - Student Welfare, Behaviour and Expectations