



THE BEST FROM EVERYONE, ALL OF THE TIME

# The Word

29 JANUARY 2021

## Headteacher's Roundup

Well done to everyone again this week. Our teachers have been producing some amazing lessons. I hope year 9 have enjoyed seeing and hearing their teachers in real time this week. I am delighted to say that next week these completely live lessons will gradually be rolled out to years 7 and 8. More details will be sent to parents of year 7 & 8 separately. This is a fantastic achievement by our staff, it has been a very steep learning curve for everyone but, as always, the Light Hall community has risen to the challenge. My heartfelt thanks to parents and carers for all your support.

Once again this week, we have been amazed by the support we have received. There are really no words to fully express our gratitude to one of our parents who has arranged for 20 brand new laptops to be donated from her place of work. We want to thank her and her company, Zafire, for the help they have given our school community.

Our students have been working equally as hard and their teachers have been sharing with me some examples of their excellent work, which really brightens my day. Miss Dhanjal has shared Aadil's (year 7) positive pocket reminder with me. I was so impressed I wanted to share it with you all:

**COMPUTERS** – Doing online learning on computers is difficult, but it means that I am more independent with schoolwork.

**HOME** – Staying at home to keep everyone safe is hard, but I have spent more time with family.

**ANNOYED** – Getting bored made me annoyed but I learnt some new skills.

**NEW NORMAL** – We were not allowed to do normal things but now I am used to it.

**GOOD HYGIENE** – Washing my hands more regularly and wearing a mask took time to get used to but it made me realise the importance of hygiene to keep us safe.

**EMOTIONS** – I have been feeling angry that I cannot go anywhere like the tennis club I used to go to, but I have realised that there are a lot of things that I can do at home.

Thank you Aadil for such a positive outlook.

I wanted to remind you that it is an INSET day on Wednesday 3<sup>rd</sup> February. Staff will be training remotely, continuing to upskill themselves both pastorally and technically, as we are continuing to develop the curriculum. School is closed to all students. There will be no lessons, homework or deadlines on this day. We hope that both you and your children, enjoy the break from home schooling and are able to concentrate on your family well-being. It is children's mental health week next week and you may find the following two links useful:

<https://www.theinsideout.org.uk/>  
<https://www.childrensmentalhealthweek.org.uk/>

Finally, thank you to our year 10 parents who engaged with our virtual parents' evening. We really feel this may be something we keep, moving forward.

Have a lovely weekend, we are forecast more snow, if it arrives, we hope all our students enjoy it, safely.

*Annette Kramblin*

## Art Competition





Last week's art competition was won by **Sky S, Year 7**, and **Daisy M, Year 8**. Congratulations to both of them!

## Year 9 Options

The booking system for appointments with Year 9 Options teachers has opened on 29<sup>th</sup> January. Any queries or issues please contact Mrs Regan. [kregan@lighthall.co.uk](mailto:kregan@lighthall.co.uk)

## House Points Totals

The running totals for number of house points so far are:

			
<b>15822</b>	<b>16138</b>	<b>16294</b>	<b>15981</b>

## Parents Information

### All Years:

Wednesday 3<sup>rd</sup> February – INSET DAY

### Year 7:

**Attendance and learning:** online learning continues to be a great success with **average weekly attendance up to 91%**. Keep up the good work year 7!

Monday 8<sup>th</sup> February – PSHE Day

### Year 8:

**Attendance and learning:** online learning continues to be going extremely well with **average weekly attendance of 94%**. Keep up the good work year 8!

Tuesday 2<sup>nd</sup> February – PSHE Day

### Year 9:

**Attendance and learning:** online learning is going extremely well with **average weekly attendance of 93%**. Keep up the good work year 9!

Thursday 11<sup>th</sup> February. Option evening

Thursday 11<sup>th</sup> February – PSHE day

Friday 12<sup>th</sup> February – Full reports to Parents

### Year 10:

**Attendance and learning:** online learning is going extremely well with **average weekly attendance of 95%**. Keep up the good work year 10!

Tuesday 9<sup>th</sup> February – PSHE Day

Friday 12<sup>th</sup> February – Year 9 full reports to parents

### Year 11:

**Attendance and learning:** online learning is going extremely well with **average weekly attendance of 88%**. Keep up the good work year 11!

Tuesday 2<sup>nd</sup> February – Careers Advice Appointments. Students are contacted directly through Microsoft Teams to inform them of their time slot.

Thursday 4<sup>th</sup> February – PSHE Day

## House Points

Congratulations to the following students who have engaged fantastically with their online learning this week.



Forename – Year 7
Aadil A
Imogen L
Luke R
Imaan G
Matthew M
Harvey P
Louise R
Ella R

Forename – Year 8
Phoebe T
Megan C
Bethany W
Natalie A
William H
Aamani K
Sean M
Joe B
Mya S

Forename – Year 9
Scott W
Aimee B
James J
Bilal A
Amelia M
Jude M
Daniel S
Ryley S

Forename – Year 10
Cerys B
Mahinoos S
Hillah SY
Tobias A
Zach H
Noora K
Ramzan M

Forename – Year 11
Grace H
Gurpreet V
Jess B
Chloe M
Katie W
Ria B
Antonio B
Sophie B
Abdal-Hakeem I
Corey K
Daisy M
Amelia S



## Year 10 Form Time Competition

The first to log in every morning over the week during tutor time – congratulations to...

Aishah A  
Kiara S  
Tobias A  
Sulaiman B

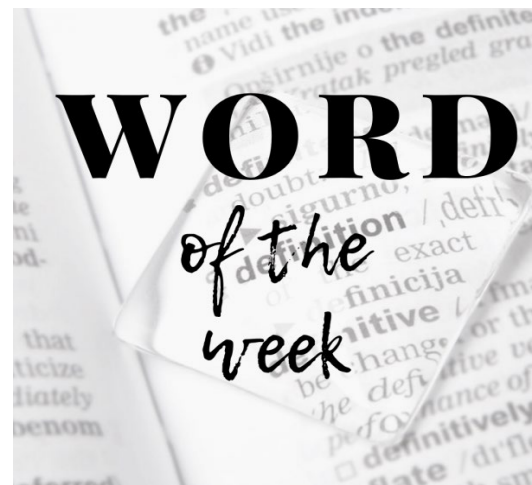
Amber E  
Alex F  
Scarlett H  
Priya C

## Word of the Week

### FEEL

*Verb:* Be aware of (a person or object) through touching or being touched. *When walking in the rain he could **feel** the raindrops stinging his face.*

*Experience (an emotion or sensation). *It is normal to **feel** anxiety before a test**



## Remote Learning Provision

As a school, we aim to provide as close to 'in school' education as we can. That said, we are bound by many factors, some outside of our control. Can I start by thanking you, for your support in helping the school to deliver remote lessons to all children.



We understand, that remote access can present logistical challenges (access to devices, WiFi, broadband, to name but a few). All lessons can be located within the TEAMS platform, and therefore students can access the resources at any point. They remain after the lesson finishes, so again, students can return to these if they wish. Please be aware that any 'live' content is not saved in the lesson folder.

We have released 'live' lessons to Yr11, 10 and 9 and are now able to start a **phased release** to Yr7 and Year 8. Therefore, **from Monday 1<sup>st</sup> February** we will begin to release 'live' elements in lessons, to year 7 and year 8 groups. By **Thursday 11<sup>th</sup> February**, all year 7 and 8 lessons,

in all subjects will have elements of 'live' delivery. Class teachers will share with their groups each lesson, the format of the lesson.

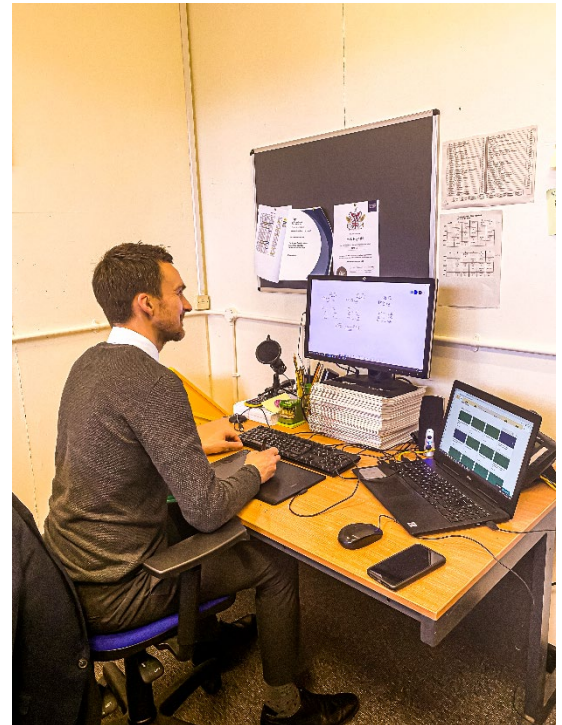
In essence, by Thursday 11<sup>th</sup> February, **all year groups, across all subjects will have access to 'live' elements of their lessons.**

We have reviewed student views, and national research into how best students learn remotely. Therefore, lessons will follow a **'blended' approach**, with elements of **live teacher delivery**, **recorded content** and **independent student tasks**. This will also provide time for students to be away from their computer screens, which is essential for their wellbeing.

The class teacher **will be present throughout the lesson**, to provide instruction, support and feedback throughout. Each subject's delivery will be different, and therefore **students must read the instructions provided at the start of each lesson.**

For your child to gain the maximum benefit from the remote provision and maintain student wellbeing, please see below:

- **Please ensure** that your child has regular breaks from the computer screen (these breaks are built into the school day timings)
- **Please ensure** that your child **fully reads** the expectations below, and meets them **every** lesson. They will be shared at the start of every lesson, as a **reminder**.
- **Please ensure** that your child has all the resources /equipment they may need (this will include, pens, calculators, subject exercise books and a remote device – phone / tablet / laptop / desktop)
- **Please set aside** (where possible) a quiet and dedicated learning space for your child
- **Please ensure** your child follows their normal school timetable, including all breaks – these will be important for students to remain engaged and focussed during the day
- **Please ensure** you child attends all lessons (including form time), at the correct time and are ready to learn, making sure they follow the lesson expectations shared by the class teacher
- **Any IT / internet** access issues, should be directed to **office@lighthall.co.uk**; they will be able to outline the support we can offer as a school





## Online Safety at Home

### Steps you can take to help keep your child safer online

**Have an ongoing conversation:** Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

**Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

**Make sure they know about NCA CEOP:** Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

### Social Media

You may be wondering when is the best age to let your child have a social media account, or have some concerns if they're already using them. For advice and guidance, read [Is your child ready for social media?](#)

Remember, most social media services require users to be at least 13 years of age before they can register.

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

The simplest way to have information about your child removed from a website, or app is to contact the site itself. Read [reporting to social media sites](#) for more information.

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

For information, read [Teens and the sexual content on social media](#).

### Online Gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play. For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect them, watch this short video: [In-game chat: a guide for parents and carers](#) .

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child. For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#)

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#). For a guide on the apps, sites and games your child might enjoy, visit: [Net Aware](#).

## Thought of the Week

### How to express yourself

Children's mental health week

From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **Express Yourself**.

**Expressing yourself** is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools, using tried and tested methods backed by research.

We believe that children should not have to face mental health problems alone.

Last year, Place2Be worked with 700 schools in England, Scotland and Wales, reaching 380,691 children and young people.

Over 30,000 UK teachers and school staff have signed up to our online Mental Health Champions – Foundation programme, which enhances professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in schools and communities.

Last year, 418 people completed a child counselling qualification through Place2Be and 1,039 people attended a 'Taster Day', building an ever-growing body of professionals who specialise in working with children and young people.

