

TRUST UPDATE #5

Partial School Opening/Closure

Monday 27 April, 2020



MESSAGE FROM THE CEO

Working From Home: It's the New Normal

When the government first announced the partial closure of schools and the nation started with social and physical distancing due to the COVID-19 pandemic, it seemed like being at home for a 'snow day'. We entered a world, with little warning, where parents and children were forced to adjust to a new rhythm of school and work at home. We all faced the challenge of managing these new ways of working, while ensuring that our children do not disappear into social media and video games but remain motivated, healthy and happy.

At first it was a novel idea - being able to work from home, getting to see your children, taking a break to walk the dog or go outside to enjoy the sunshine. But, after just a few weeks of working from home, we have all started to realise that we are in this cycle for much longer. The excitement has worn off and now we have to establish a routine for this 'new normal'.

To support you in this new way of working, I offer a few tips over the page. Despite offering some guidance for establishing a 'new normal' during these difficult times, please remember that there is nothing about this situation that is normal. So, **don't be too hard on yourself**. This is new territory for all of us and we need to recognise that things will change again when we are planning for the return to school. At this time, the most critical thing is to continue to being adaptable and resilient to the challenges we face.

Keep safe and well,
Dave Sutton

Please note: All schools will be open on the 8th May Bank Holiday for our key workers and vulnerable students.



PROUD OF OUR
COMMUNITY

"Delivering exceptional learning experiences that enable young people to thrive in a competitive world and lead successful and fulfilling lives."



GUIDANCE FOR HOME WORKING OR LEARNING



SET A SCHEDULE. You need to set some time parameters. When you are home schooling your children, they need a schedule and so do you. Have a schedule for meals so everyone knows the plan. The good news is that as families we are more likely to have meals together and get to spend some time together.



SET UP YOUR WORKSPACE. Find a 'best place to work'. You will need to set up space for you to work and for your children to engage in their learning. This will be one of the biggest adjustments for many families – how to effectively work around each other in a confined space. Also, you may experience challenges accessing appropriate ICT for the family.



ESTABLISH GROUND RULES IN THE FAMILY for playing music, having the TV on, and any other distractions. Maybe you have children back home from university who are used to playing loud music at all hours or staying up all night long. Depending on how your house is set up, you may need to establish new rules so that everyone can still get some sleep and get work done.



LET YOUR FAMILY MEMBERS KNOW WHEN YOU ARE WORKING and when you are accessible to them. This is especially true for your children - if they are old enough to understand this. Seeing you at home for an extended period may make them think you are free to play all day long.



MAKE SURE YOU AND THE CHILDREN TAKE BREAKS DURING THE DAY. You all need a break from the screen and from standing or sitting all day. Get up and go outside if you can. Short breaks are helpful and can keep you motivated and thinking creatively throughout the day.



GET PLENTY OF EXERCISE. Now that you are at home, you may not be walking as much as you normally did at work or school. Take more time to exercise and 'get your steps in'.



GET PLENTY OF SLEEP. When you get some 'snow days', we often have the tendency to stay up later knowing we can sleep in the next day. While we all may have done that the first few days of this quarantine, we can't keep doing it. It is now time to create a 'new normal' so make sure you have some semblance of a schedule and are getting plenty of sleep.



SET SPECIFIC WORK AND HOME GOALS FOR EACH DAY. Maybe you want to get certain projects done for work and also for home. Be realistic and clear about goals for each week and each day.



BUILD IN SOME FUN EACH DAY. What's the thing that you and your family love doing that you can still do while practising physical distancing from others? Walking your dogs, eating lunch in your garden, reading a book, painting, riding a bike, cooking etc. Build it into your schedule.



85% of **Ravenfield Primary Academy** children have accessed and completed work on Purple Mash this week!



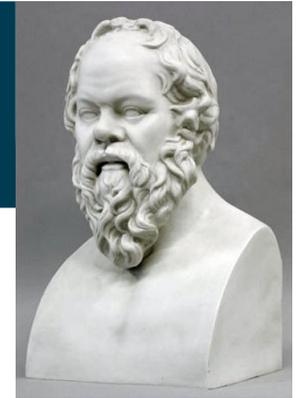
**PREPARED
FOR THE
CHALLENGE
OF CHANGE**



QUOTE OF THE WEEK:

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.”

Socrates
Greek Philosopher



SUPPORTING ‘DIGITALLY EXCLUDED’ FAMILIES

In today’s world, there is an increasing expectation that we are all digitally connected. The ability to access the internet is becoming an essential part of our everyday lives, as is the need to own electronic devices, laptops and computers. Never has this been more important within our own school community than it is right now. Our IT platform enables students to continue with their learning in their own homes. However, this requires students to have access to both the internet and to digital devices, laptops or computers. Something which we understand may be challenging, for a whole range of reasons, for some of our families.

During this period of school closure we are committed to ensuring that no student gets left behind, particularly if the barrier to their learning is a lack of access to IT. If you are experiencing difficulty downloading our work online, please contact your child’s school using the contact details listed in this update.

The Government has announced plans to provide IT equipment for disadvantaged students to enable them to continue their learning at home. More information on this will follow in a future update.

THANK YOU

We would like to take a moment to recognise those in our community supporting the key worker roles, particularly acknowledging the contribution made by those working for and supporting the NHS. You are doing a truly incredible job and we are forever thankful for your care and commitment.

We would also like to thank our incredible school staff who are going above and beyond for our students. Colleagues are facing pressures they have never faced before, yet are showing incredible resilience and commitment. Working together as a Trust, we have never been stronger.



LATEST GOVERNMENT GUIDANCE

In line with the latest Government Guidance for schools and educational settings, if children can stay at home safely, they should wherever possible. This is the best way we can limit the chance of the Coronavirus spreading. The fewer children in educational settings, the lower the risk that the virus can spread and infect vulnerable individuals in wider society. That is why we are asking that you only your children to school should they absolutely need to attend. We thank you in advance for your continued support on this matter.



MEET THE MALTBY LEARNING TRUST TEAM



MRS O'CONNOR

Principal
MALTBY REDWOOD ACADEMY



1. Who inspires you?

I had an amazing maths teacher at school, Mr Smith. He taught me that if you want something, no one is going to give it to you; you have to work for it. He was strict but always kind to everyone and gave up lots of his own time to make sure his students had everything they needed to succeed, and this had a profound impact on me as a student, then as a teacher and now as a head teacher. Thank you Mr Smith.

2. What was the best concert you ever attended?

This was a difficult question as I like live music and have been to lots of concerts and festivals. I think it's a tie between The Polyphonic Spree at Sheffield Leadmill and Bellowhead at Scarborough open air folk festival.

3. Where's your favourite place in the world?

Perranporth beach in Cornwall. We've visited every year for more than twenty years now, and I love long walks on the sand and the roar of the Atlantic. I'd like to retire there one day with my husband, a dog and a couple of surf boards. But not just yet!

4. What's the last book you read?

I always have two books on the go - one for development and one for pleasure. My last development book was 'Wholesome Leadership' by Tom Rees who talks about the importance of leading with your heart, your head and your hands with one eye always on the health and wellbeing of a school community. My last book for pleasure was 'The Wisdom of Sally Red Shoes' by Ruth Hogan, an easy read about friendships, family and second chances.

5. What's your favourite movie?

Moulin Rouge, I like a good musical.

6. Who would you like to swap places with for a day?

I think I'd like to be a librarian for a day, surrounded by old and important books.

7. What's your favourite meal and which four people would you choose to eat it with?

Tapas (especially garlic squid) - I like a little bit of everything and it's a lovely way to share a meal. I'd choose to eat with my husband (although I'd have to fight him for the squid) and my children. If he was still alive, I would really like to have lunch with my favourite author, Sir Terry Pratchett. That would be a really interesting meal.

8. What are some of your pet peeves?

Pet hair! It gets everywhere, although a house isn't a home without a dog or at a push, a cat.

9. What's your secret talent that no-one knows about?

I learned to shoot when I was quite young and am a reasonably good shot. I'm currently in the process of qualifying to teach archery too.

10. What's your favourite family tradition?

I asked my family about this one and the answer was unanimous - home made sausage rolls for breakfast on Christmas morning.

11. During this period of lockdown, what are you missing about daily life?

Seeing my wider family - I haven't been able to visit elderly relatives but as a result, my aunt and uncle have finally learned how to text 😊

12. What are you enjoying doing during lockdown?

Reading in the garden, baking and spending time in the sun. I'm definitely going to make more time to do this when we return to normality.



CONNECTING
CONNECTING STUDENTS
CONNECTING STAFF
CONNECTING SCHOOLS



MEET THE MALTBY LEARNING TRUST TEAM



MRS CROMPTON

Assistant Vice Principal SENDCo
MALTBY ACADEMY



1. Who inspires you?

I think we live in a wonderful world where we are all able to inspire each other. Some days just a smile or kind word help us all get through a day, a helping hand from a teacher or TA to give a young person the skills and confidence to achieve or someone to remind you to remain positive and determine so anyone can achieve whatever they put their mind to. I take inspiration from so many people all the time but often think of Harold Lloyd (comedy actor) who wrote his own scripts and performed all his death-defying stunts despite being told he'd never amount to anything. I think that to inspire others to be the best version of themselves is a real gift which we all possess.

2. What was the best concert you ever attended?

Last November I went to the Royal Philharmonic Orchestra's film night and wasn't sure what to expect but thoroughly enjoyed it and even brought a tear to my eye when they played Born Free score. I am not a classical music devotee but have been somewhat converted!

3. Where's your favourite place in the world?

Beck Hole in Yorkshire Dales, there is an amazing walk to there which culminates in a paddle in stream, feeding ducks, cherry lips sweets and pear cider in the tiny pub there!

4. What's the last book you read?

A Walk in the Woods by Bill Bryson - uplifting story and made me laugh so much I cried in parts.

5. What's your favourite movie?

The Man from Snowy River (largely unknown Australian film), inspiring story but mostly enjoy the equine aspect, the bond between human and horse and the last 20 minutes which I could watch several times a week and never tire of!

6. Who would you like to swap places with for a day?

The Queen - just to see what it's really like behind closed doors in Buckingham Palace!

7. What's your favourite meal and which four people would you choose to eat it with?

Deep fried Camembert, Salmon tagliatelle then knickerbocker glory and I would dine with Harold Lloyd, Agatha Christie, Steve Backshall and my husband.

8. What are some of your pet peeves?

My pet peeve is always seeming to be the one who empties the bins at home!

9. What's your secret talent that no-one knows about?

I won the British Showjumping 1m regional class for North-East, but the horse has to take credit for most of the talent there.

10. What's your favourite family tradition?

We always have a day in the summer tasting dad's home-made elderflower wine, we have good intentions of doing lots of other things that day too but can never remember if they get done!

11. During this period of lockdown, what are you missing about daily life?

Missing being able to give people a hug if they're upset and I miss seeing all the random acts of kindness that take place every day at Maltby Academy - smiling at each other, asking how we are, opening doors for each other, picking up litter and just being there for each other to achieve all the success everyone does, together.

12. What are you enjoying doing during lockdown?

Wearing pyjamas for the whole day sometimes!





POST CORONAVIRUS BUCKET LIST

A family in the U.K are inspiring their children to dream about post Coronavirus adventures. When the Coronavirus lockdown ends, the family will work their way through their bucket list and enjoy doing the things that they had taken for granted before the pandemic.

"We've started a new thing in our house today and sharing it in case anyone else wants to try. Every time we wish we could do something, go somewhere, treat ourselves, see someone we love, visit a new place, invite people to visit us, we're going to write it down on a post it note and put it in a jar. When all this is over this will be our bucket list and we'll work our way through the jar and be more grateful than ever for the little and lovely things in our lives. Until then we'll enjoy watching the jar fill up with magical things to look forward to."

**Why don't you give it a go as a family?
Here are a couple of ideas to get you started:**

- visit elderly relatives
- go swimming
- celebrate birthdays with friends
- visit a theme park
- go camping



SOCIAL, EMOTIONAL AND MENTAL HEALTH – CALM

When we are feeling calm, we are less likely to experience extremes of emotions. This means we are less prone to worrying, capable of managing some degree of stress, able to solve problems in a rational manner and enjoy positive mental health. It is, after all, normal to experience some stress and anxiety; this helps to keep us motivated, curious, excited and able to challenge ourselves. Unfortunately, when we experience a number of 'stressors' (events and incidents in our lives that cause us to feel stressed), then we might find ourselves spending a disproportionate amount of time feeling anxious, worried and overwhelmed. This can interfere with the quality of our sleep, make us feel tired and irritable, cause headaches and generally result in us feeling low in mood. For more information about strategies to overcome anxiety, [click here](#), or read some of the tips on this page:

MANAGING THOUGHTS

When we feel anxious, it is easy to dwell on unhelpful thoughts about things we can't change. As a result, the time spent on worrying might impact on sleep, and on how much available time we have during the day, which in turn can cause even more anxiety. [Visit Every Mind Matters](#) and watch the video on 'Reframing Unhelpful Thoughts.' [Try keeping a diary](#); this can help in identifying triggers for feeling anxious. There are also a number of downloadable apps which can help in managing unhelpful thoughts and overcoming anxious feelings – [click here for more information](#).

PHYSICAL HEALTH

Evidence shows that exercise is not only good for the body, it is also good for the mind. Regular exercise is shown to improve mood, concentration and mental acuity. Visit [National Mind](#) to explore the benefits of physical health, try an [NHS Fitness Class](#) or simply read more about the positive impact exercise has on mental health by [clicking here](#).

MEDITATION AND RELAXATION

Meditation is often misunderstood. The simple fact is you don't have to sit cross legged, say hum (although this can be useful) or be particularly spiritual to practise meditation. What is known is that meditation boosts concentration, is good for physical health and generates feelings of wellbeing and calm. Listen to the [Mental Health Foundation's podcast](#) for a simple guide to meditation. For those of you who like to doodle, why not try [Zentangle](#), or you might want to [try some simple relaxation exercises](#) with your child. Try pretending to be a cat!

CONNECTING WITH OTHERS

Finding ways of talking to those close to you, and who you trust can help manage anxiety. You could have a virtual tea party with your friends, and set a tea related quiz. Visit the [British Council Learn English site](#) for tea facts! For those singers out there why not try a [virtual choir](#)? Or you could try [NSPCC's kids versus parents quiz](#) about online safety.



Sir Thomas Wharton Academy students have answered an average of 26 questions each on Hegarty Maths this week, putting them in the top 20% of schools nationally!



ENRICHING LIVES
AND DEVELOPING
CHARACTER





FREE SCHOOL MEALS

All students eligible for 'Free School Meals' across the Trust will be provided with e-vouchers that can be redeemed for food in many of the local supermarket stores.

The e-voucher codes will be emailed to eligible families every Monday.

If the school does not have a current email address for a family, the appropriate gift cards will be posted on Monday (please allow 3 days for delivery).

*Please contact your local school if your email address requires updating.

The e-vouchers can be redeemed at several supermarkets including: Asda, Tesco, Sainsbury's, Morrisons and Aldi.

DO YOU QUALIFY?

DO YOU RECEIVE ANY OF THE FOLLOWING?

- Income support
- Employment Support Allowance (Income Related)
- Income based Job Seekers Allowance
- Guaranteed Pension Credit
- Child Tax Credit and your income (as calculated by Inland Revenue is) is less than £16,190
- Universal Credit
- Support under Part VI of the Immigration and Asylum Act of 1999
- Working in the Armed Forces

If you can answer yes to any of the above you may qualify for Free School Meals/Pupil Premium.

HOW DOES IT WORK?

If you want your child to have a free, healthy meal at lunchtime – they will receive a free school meal. This can save you more than £350 a year and allow the school to get additional funding to support your child's learning. (£1,345 per primary-aged pupil. £955 per secondary-aged pupil per year).

Please remember you must qualify and register for the free school meals for the school to receive the extra money even if you do not want your child to have the free school meals.

Registering for free school meals is confidential, no one will know you have registered and it will not affect any other benefits you are claiming.

HOW TO APPLY

[Click here](#) to complete a simple online form, or pick up an application form from any MLT Academy.



PROTECT YOURSELF AND HELP PREVENT INFECTION

There is currently no vaccine to prevent COVID-19. The single, most important action you can all take is to **PRACTISE SOCIAL DISTANCING** - this will prevent you being exposed to, and reduce the risk of transmission of the virus.

- ◆ You should **STAY AT HOME** to reduce your day-to-day contact with other people and reduce the spread of the infection.
- ◆ You should only leave the house for necessary food shopping, one form of exercise a day, any medical need or for travelling for work purposes, but only where you cannot work from home.
- ◆ **WASH YOUR HANDS** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- ◆ Put distance between yourself and other people. Try to stay 2 metres away from people **AT ALL TIMES**. This includes your friends and family – keep in touch using remote technology such as phone, internet and social media.

For further information about how to protect yourself and others, [click here](#).

For information about the closure of schools and other educational settings following the outbreak of coronavirus (COVID-19), [click here](#).

For information about Maltby Learning Trust and what we are doing to keep our staff and students safe, [click here](#).

For more information about social distancing and how to protect vulnerable people, [click here](#).



Wath Academy are in the top 5% of Hegarty Maths schools this week with over 30,000 questions answered!



LEAD BY
EXAMPLE



SUPPORTING MENTAL HEALTH AND WELLBEING

This is an unsettling time for all members of our community but parents/carers may be additionally worried about their child's mental health and emotional wellbeing. If you are concerned about your child, you can receive an initial telephone call to discuss your concerns further, please email your child's Academy, stating 'MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT' in the subject line.

If you have any other concerns about your child, please contact the Academy directly using the following e-mail addresses:

WA	enquiries@wathacademy.com pastoralteam@wathacademy.com safeguarding@wathacademy.com
MA	info@maltbyacademy.com ma-PastoralTeam@maltbyacademy.com ma-Safeguarding@maltbyacademy.com
STWA	admin@stwacademy.com
RPA	info@ravenfieldprimaryacademy.com
MLHA	info@maltbylillyhallacademy.com
MRA	info@maltbyredwood.com
MMA	info@maltbymanoracademy

KEEPING IN TOUCH

It is important to remember that we are all part of the same community and that we find any way we can to stay connected to each other.

We will aim to send out regular communications responding to frequent questions we have received, informing you of any developments that we are made aware of and sharing important updates with you. However; the best way you can stay up to date and in touch with us is by following our Twitter account: @maltbylearning.

We would like for Twitter to become a forum through which parents and colleagues can share updates about how they are spending their time during the school closure period, celebrating any amazing work their children complete, or posting hints, tips and tricks they may have for getting through this time at home.

PLEASE MAKE SURE YOU TAG US @MALTBYLEARNING OR USE #MLTCOMMUNITY IN YOUR POST.



CONNECTING
CONNECTING STUDENTS
CONNECTING STAFF
CONNECTING SCHOOLS



GOOD NEWS



WATH ACADEMY and **MALTBY ACADEMY** PE departments have been posting daily video challenges everyday for students to try and complete at home! This attempt by Miss Dungworth at Wath Academy is particularly impressive! [See it here.](#)



Both **MALTBY LILLY HALL ACADEMY** and **RAVENFIELD PRIMARY ACADEMY** have published fun and creative staff videos this week for their students. Staff have put so much time into creating these wonderful videos and the feedback from parents has been amazing. See them both here: [MLHA Video](#) / [RPA Video](#)



Leadership at **SIR THOMAS WHARTON ACADEMY** have been posting packs out to staff this week to thank them for their hard work and commitment through this difficult time. Included in the packs were thank you cards, sweets and resources for PLD.



Children at **RAVENFIELD PRIMARY ACADEMY** have been busy planting a vegetable patch this week. Jamie Oliver then liked the school's tweet about their new vegetables!

SIR THOMAS WHARTON ACADEMY are in the top 1% of all schools nationally for the amount of time spent closing the gap this week, with no other schools in the country completing more Fix Up 5s!



Teach First have recognized Miss Dixon from **SIR THOMAS WHARTON ACADEMY** for her outstanding mentoring and have chosen her to produce a mentoring video which will be used as a supportive guide for 2020/2021, accessible to all mentors and trainees in the Yorkshire and Humber region!

