



Perschore High School

Quality education
for all in a
challenging,
supportive and
safe environment



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Monday, 4 May 2020

Dear Parents / Carers,

I hope you and your families remain well as we head towards the midway point of the half term during this week.

The most pertinent updates from the last week for your information are as follows:

Student learning

We are very pleased with the levels of engagement in all areas and particularly with epraise, which we are able to monitor; please, can I request that you remind your son/daughter to check both their school email and epraise on a daily basis to ensure they do not miss any opportunities provided by staff.

This week I shall be asking colleagues to complete the 'Positive Engagement' survey mentioned at the start of term.

Colleagues will simply be noting if a student has not marked any tasks as completed in epraise *or* submitted any required work for marking *or* participated in any virtual lessons *or* got in touch to ask questions or seek support. Therefore, they will be noting that they have not had any positive engagement from the student of any kind.

The aim of the survey is to provide a picture for House Teams where students may need some additional support to ensure their home learning is as effective as possible. We are also aware that positive engagement and effective home learning comes in many forms that may not fit our generic expectation so please ensure as parents/carers House Teams are aware of these, so that we have the full picture. Our primary aim through lockdown has been on our students' mental health and wellbeing; a focus on keeping learning and having a positive sense of purpose are crucial to this, which is what we are trying to support.

In response to a few queries from parents/carers over the last week:

- Work set by staff for whole year groups in epraise should have the subject clearly at the top
- Resources and documentation sent to students with tasks may also contain the required answers but these will be in subsequent sections or slides; students will be asked to run PowerPoints in 'Slide Show' format if the expectation is to reveal the answer after each question within the same slide
- If you have any queries about work set please contact: office@perschore.worcs.sch.uk (with the subject and teacher's name in the Subject Box) and these will be forwarded accordingly. Colleagues will respond at their earliest convenience but given their own caring responsibilities, other planning, marking and teaching commitments, please do not expect this to be immediate

I would just like to take this opportunity to thank you again for your forbearance as we have developed our processes in supporting home learning and tell you how much my colleagues and I have appreciated the positive messages we have received in this regard. Please be reminded that colleagues will not be setting work or running lessons on Friday as this is the Bank holiday celebrating 75 years since Victory in Europe (VE) day though school will be open to Key Worker and vulnerable students as normal.

Parent support opportunity

Elevate is an award-winning organisation that has been working with our school to help your child become a more effective learner. They are hosting an exclusive webinar for parents at schools that they work with across the UK show you how you can help your child study most effectively. The opportunity below was sent by email to the parents/carers of Years 10 and 12 last week; this is now being made available to all parents but there is a limit of 200 places available. Details of the event are as follows:

Title: How to help your child study effectively without becoming the enemy

Date: Tuesday 12th May 2020

Time: 6:00 – 7:00pm

Cost: Free

Sign up link: <https://www.elevatecoaching.info/webinar-uk-1/>

Apologies if the places have all been taken by the time you enquire; I shall be asking parents/carers who do attend to let me know of the most pertinent key messages from the event to share in a subsequent communication for those unable to access the event.

Home cooking on a budget

Bite Back 2030 is a new series aimed at showing parents/carers and students how to prepare quick, tasty and affordable lunches. Jack Deane, a chef from the Jamie Oliver Cookery School, is volunteering his time to teach us how to cook easy lunches from a shopping list price-checked by Bite Back 2030 to fall within the weekly free school meals budget at a national mid-range supermarket. The chef rustles up simple meals that can be made with minimal preparation time and equipment whilst meeting the requirements of the School Food Standards. The meals are fun, easy to follow, and teach some key skills, but best of all provide us with a delicious, healthy and nutritious low budget lunch at the end of it all. The 'cook alongs' take place every day at 12pm. Look out for #CookWithJack on social media.

See: <https://www.biteback2030.com/real-story/cook-jack-4th-may-8th-may>

SEND Support and Guidance

Additional exercise for children with medical conditions and disabilities

The government has updated social distancing guidance in relation to exercise for people with significant health conditions and disabilities. The guidance is entitled 'Coronavirus outbreak FAQs: what you can and can't do' and can be found at the following link:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

The guidance states the following:

Can I exercise more than once a day if I need to due to a significant health condition?

You can leave your home for medical need. If you (or a person in your care) have a specific health condition that requires you to leave the home to maintain your health - including if that involves travel beyond your local area - then you can do so. This could, for example, include where individuals with learning disabilities or autism require specific exercise in an open space two or three times each day - ideally in line with a care plan agreed with a medical professional. Even in such cases, in order to reduce the spread of infection and protect those exercising, travel outside of the home should be limited, as close to your local area as possible, and you should remain at least 2 metres apart from anyone who is not a member of your household or a carer at all times.

Parental Webinars

Please find links below to upcoming parental webinars that may be beneficial in supporting your child's education at home. Please be aware that these are external webinars and come from reputable sources but have not been validated by the school. As with all the weblinks recommended in school

communications, it is your responsibility to assess whether the content, methods and material available, or in any linked content, are appropriate for your purposes.

Helping my child believe in themselves: fun exercises for home-schooling:

<https://witherslackgroup.co.uk/webinars/>

Multi-sensory Toolkit Ideas on a Shoestring:

<https://www.bdadyslexia.org.uk/events/free-webinar-for-parents-multi-sensory-toolkit-ideas-on-a-shoestring>

Countywide & Local support

Domestic Abuse

I feel it is appropriate to include in this week's communication information regarding Domestic Abuse and reference to practical steps for keeping safe during social distancing. I appreciate some parents/carers may feel this is not wholly appropriate for this forum, however as a school community, we believe that if there is the possibility that at least one person benefits from the information provided, then it is the right thing to do.

The information comes from a joint collaboration between the West Mercia Police and Crime Commissioner and West Mercia Women's Aid and includes:

- 'Make yourself heard' – what to do if you urgently need help from the Police, but can't speak
- Smart use of your smart phone
- A safety plan for children
- How to be safe at home
- Using support networks
- How to help a neighbour or friend
- Personal safety apps to download

Full details in all these areas are found in the 'Domestic Abuse – Worcestershire Support Leaflet' that accompanies this communication.

Anyone who feels that are in immediate risk should call 999 for the Police.

Alternatively, the Helpline number for West Mercia Women's Aid available 24 hours / 7 days a week is 0800 980 3331 or visit www.westmerciawomensaid.org (available Monday to Friday 9.00am – 2.30pm) – here you can access 'Livechat' to chat 'silently' with a support worker.

Finally, congratulations to one of our parents, Jane Keen Smith, who appeared on the BBC News this week drawing attention to some of the issues being faced by parents/carers during lockdown. We know Jane is very grateful for all of the support she has received from the schools attended locally by her children and we would like to congratulate Jane on her 'Community Cupboard' initiative which is flourishing for residents of the Abbey Park estate; she has also been offering her own low cost meals advice on Facebook. Please message Jane on Facebook should you wish to get in touch regarding any aspect of her sterling community support.

I hope you and your families remain safe and well.

Yours faithfully,



Phil Hanson