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**ELMGREEN**

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Headteacher

2 April 2020

Dear Families

I hope this letter finds you well and safe. This is a lengthy letter that I think reflects how we are all adjusting to a new way of living, and making sure that we are continuing our education whilst also staying safe.

### **On Site Education**

We have a small cohort of students on site. We are continuing to learn whilst practising social distancing on a daily basis. We will keep a very small provision in place over the Easter Holiday for key workers. If you have not already indicated that your son or daughter will be attending can you please contact [admin@the-elmgreen-school.org.uk](mailto:admin@the-elmgreen-school.org.uk) as a matter of urgency.

### **Off Site Education**

We are now entering the next phase of our educational provision. Like many schools we are looking at how we make the learning experience more interactive in the coming weeks. We are therefore moving to Google Classroom for all students from Year 7 to 11. You will be sent a letter in the next couple of days, put together by Mr Ryan and Ms O'Hana-James. The first part from Mr Ryan will explain how the process will happen and how you log in and the second from Ms O'Hana-James will explain what our expectations are around learning. We hope for the whole system to be in place when we return after the 'admittedly virtual' Easter break on Monday 20 April.

### **Mental Health**

There have been a number of highly publicised stories about mental health during this crisis and the wellbeing of our community is something that we take very seriously indeed. I attach the link from the government to all families about how to care for your children in these challenging times. I was also sent a fantastic leaflet from Queens College London Girls School through the Southwark Schools Learning Partnership (an organisation we are members of) which I also attach as an appendix.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus>

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## Year 11 and Year 13

At the time of writing Ofqual and the Government have still not come up with the methodology of how exams will be assessed this year. I know this is an anxious waiting time for students and families but we will let you know as soon as we know.

## Hardship Funds

Whether these are useful or not I'm not sure but we are aware that this is a very challenging time financially so if you are finding things particularly difficult and depending where you live you might find these addresses useful.

<https://www.lambeth.gov.uk/apply-for-emergency-support>

<https://www.southwark.gov.uk/benefits-and-support/emergency-support>

<https://www.wandsworth.gov.uk/housing/benefits-and-support/discretionary-support-grants/apply-for-a-wandsworth-discretionary-community-care-grant-or-crisis-payment/>

## Free School Meals

After a glitch at the start of the week, I hope that all eligible families have received their e-vouchers. The Department of Education have released their scheme today and the Easter break gives us a chance to assess which is the best scheme for you when school resumes again on 20 April.

## Safeguarding

Just our weekly reminder that if you have any safeguarding concerns please email [safeguarding@the-elmgreen-school.org.uk](mailto:safeguarding@the-elmgreen-school.org.uk)

In addition to The Elmgreen School, Lambeth Children's Social Care provide family support and child protection service. It does not matter which borough you live in or the borough of the child. If you are worried about a child you can also contact them directly on 020 7926 5555

Alternatively you can contact the NSPCC on 0808 800 5000, or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

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## Learning Focus – Maths

As promised this week's focus is on Maths and some good online links. The standard ones used for the setting of work at Elmgreen are:

[www.mymaths.co.uk](http://www.mymaths.co.uk)

[vle.mathswatch.com](http://vle.mathswatch.com)

Both require student usernames and passwords. Students should have these, but if you do not have them, could you please contact Mr Sullivan directly at [jsullivan@the-elmgreen-school.org.uk](mailto:jsullivan@the-elmgreen-school.org.uk) and he will ensure this is rectified.

Mr Sullivan has also compiled this list of additional websites:

- <https://whiterosemaths.com/> (this links to our scheme of work and they have a number of home learning resources that students/parents can explore)
- <https://www.mathematics mastery.org/free-resources> (additional free home learning resources – aimed at Key Stage 3)
- <https://corbettmaths.com/> (particularly useful for Year 10 – tutorial videos and GCSE style questions – the “five a day” is a nice resource that families could build in to their daily schedule)
- <https://nrich.maths.org/covid19> (this is a fantastic site full of stretch and challenge activities – this link takes you to an information page they have posted relating to how nrich can help in light of the current situation with covid-19)
- <https://diagnosticquestions.com/> - requires a free sign up but contains hundreds of multiple choice tests on all topics within the mats curriculum
- sumaze app – a great maths problem solving app available aimed at 14+ and 16+ students - <https://sumaze.mei.org.uk/>
- <https://mei.org.uk/miotm> - Maths item of the Month – aimed at GCSE and A Level – a different problem every month. The problems can be used for enrichment, problem solving or as a way to encourage mathematical thinking/proof.
- Factris! – Another app to develop numeracy - <https://mei.org.uk/factris>
- <https://www.piximaths.co.uk/ks2-ks3-ks4-resource-index> - tons of resources aimed at KS3 and 4

In our next instalment we will hear about some exciting science sites. It will also be a chance to hear from our new Head of Science, Mr McPherson. A big thank you to Ms Seabright who is moving to a new job after the holidays.

I'm sure I will update you in the last week of the Easter Holidays as we return to our virtual school but in the meantime I encourage you to continue to check our various social media outlets in the next fortnight. There is lots of serious things but a few more idiosyncratic pieces as well. As I am writing this letter Mr Freeman's 'Isolation 11' for instance has already had 20,000 views, so please keep checking to see what's uploaded.

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## The Elmgreen School on Social Media

Facebook <a href="#">The Elmgreen School</a>	Twitter <a href="#">@elmgreenschool</a>	Instagram <a href="#">@theelmgreenschool</a>	LinkedIn <a href="#">@The Elmgreen School</a>
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## The Elmgreen Sixth Form

Facebook <a href="#">@elmgreen6</a>	Twitter <a href="#">@elmgreen6</a>	Instagram <a href="#">@elmgreen6</a>
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## Other Accounts

The DofE Award at Elmgreen Instagram <a href="#">@elmgreendofe</a>	Twitter <a href="#">@DofeThe</a>	The Arts at Elmgreen Instagram <a href="#">@elmgreenarts</a>
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I want again to thank all of the staff of The Elmgreen School for their work. They have been phenomenal and they really need a break as well so I would ask you to minimise contact to them over the break unless it is urgent or a safeguarding issue. As ever I remain incredibly proud to be the Head at this challenging time and thank you for your support. I hope as much as humanly possible that you have a restful break and please stay safe.

Yours faithfully



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# Support during remote learning

During the current coronavirus situation lots of organisations are offering specialist advice for how to keep well and stay safe. See the links below if you need help from outside organisations. See the [help](#) page and the other specialist health and wellbeing pages if you need some other guidance. General advice for taking care of your wellbeing is on the pdf document [here](#). Try the checklist at the bottom of the page for daily activities to keep you well, and explore the other resources too. The Internet is overflowing with great advice and activities to keep us all going! Remember, it's OK if you are struggling, or finding things hard, or just need to slow down and take a nap. You don't have to be productive all the time.

If you are experiencing any of these issues or are worried about someone else, try the links below for guidance. **Please talk to a trusted adult as well:**

- Worries about [self-isolating](#) or social distancing
- Worries about how to keep [healthy](#) during coronavirus
- Worries about [coronavirus](#) in general. Also [here](#) from the BBC.
- Mental health guidance from [Public Health England](#) and the NHS [Every Mind Matters](#) resource
- [Anxiety](#)
- Feeling [anxious](#)
- [OCD](#)
- [Eating Disorders](#)
- [Low mood/suicidal thoughts](#)

## HOW TO DE-STRESS AT HOME



GET EXTREMELY INTO BAKING



JUMP ON A VIDEO CALL WITH FRIENDS



CLEAN AND ORGANIZE



IF YOU CAN, TALK IT OUT WITH A PET



WRITE OR DRAW



DO A YOUTUBE WORKOUT

@LIZANDMOLLIE

## COPING WHEN YOU'RE OFF SCHOOL

Schools in the UK have closed and you might be spending a lot of time at home, especially if you've been unwell.

You might be worried about losing time to prepare for exams or having them cancelled, not being able to see your friends or having to cope with [family arguments](#). You might be upset about having to leave school, or relieved that you're away from it.

There might also be times when staying at home will make you feel unsafe. Whatever's happening, [we're here to support you](#).

There are lots of things you can do to try and make things easier:

- **Talk to people**  
You might not be able to speak to all the people you normally turn to for support. But it can help to talk to people at home, your friends online or to [Childline](#). Talking about what's happening and how you're feeling can help you realise you're not alone.
- **Make time for yourself**  
Take time every day to do something that helps you to feel good or proud. If you're not sure what to do, use the [Calm Zone](#) for ideas and tools to help you relax.
- **Keep busy**  
Being stuck at home can be boring and stressful sometimes, especially if you don't get on with your family. Staying busy with things like schoolwork or hobbies can help you cope.
- **Look after your health**  
Try to exercise if you can, and make sure you're [eating healthily](#) and getting plenty of sleep.
- **Ask questions when you're not sure**  
Whether you're worried about how to see the GP, what's going to happen in your exams or anything else it's important to ask an [adult you trust](#) about what you can do. If you normally get support and it's ending, it can help to ask about what else you can do while you're off.
- **Make a routine**  
Having time off can be great for a few days, but after a while it can have a big effect on your mood or things like your sleep. Doing things like setting an alarm in the morning and keeping to a routine can help you to [take care of yourself](#).

Go to [this](#) website (Childline) if you want to read the guidance above in greater detail or follow the links. [This](#) website has information for young people, carers and schools about how to support wellbeing.

Want some distraction? Try the games [here](#) on the Childline website. Want to calm down? Try [here](#).

Here are some useful text lines if you are struggling and want to speak to someone anonymously:

- [Young Minds Crisis Messenger](#)
- [Give us a Shout](#)
- [Crisis Textline](#)
- [Childline](#)
- [The Mix](#)
- [Kooth](#)

If you're struggling with your mental health right now: [mellow doodles](#)

INSTEAD OF:	TRY:
↳ Critical self talk	↳ Celebrating small wins
↳ Pushing & pushing	↳ Taking a nap or rest
↳ Trying to do it all	↳ Asking for help
↳ Overthinking	↳ Listening to an audiobook or podcast
↳ Your normal workload	↳ Setting 3 realistic goals per day

**CORONAVIRUS REWARD STICKERS**

- WASHED MY HANDS
- DIDN'T HOOD TOILET PAPER
- MAINTAINED SOCIAL DISTANCING
- CHECKED IN WITH LOVED ONES
- LIMITED MY EXPOSURE TO THE MEDIA

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[Here](#) is an amazing website with LOADS of ideas for things you can do to look after yourself. It's almost like a bingo! Which ones make you feel better?