

ST. OSMUND'S SCHOOL GUIDE TO ACCESSING WORK FROM HOME

All school work is set by teachers on SIMS. Planning your week on a Monday morning is a great idea. English and maths (one hour of each every day) plus one academic subject each morning works well, with afternoons doing something active or creative (from our suggestions or not). Do not worry if your child cannot get through the whole week's learning.



SIMS PARENT

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All parents should be registered now and using SIMS Parent. Please email office@stosmunds.dorset.sch.uk if you need a new invite email to register or if you require assistance. Once you have registered, you can log in by going to www.sims-parent.co.uk or by downloading the SIMS Parent app from your app store. Once you have logged in click on your child's name. This will open up a platform showing different options. You can find work that has been set in the 'Homework' section. It will show the work that is due first at the top of the list. If you open the worksheets on a phone or tablet you may experience a problem with the format and it might be difficult to read. It is better to open attachments on a laptop or desktop, if you have access to one.



SIMS STUDENT

All of our Year 7 and 8 students were registered with SIMS Student before schools closed. This gives those students direct access to their own work that has been set. Students can log in by either going to www.sims-student.co.uk or by downloading the SIMS Student app. Students should log in using **MICROSOFT** and then their school email address and password. If they have forgotten what this is you can email the office and request the password to be reset.

Access to SIMS Student for Year 5 and 6 students is coming soon. In the meantime parents should access work for them via SIMS Parent.



Microsoft Teams

MICROSOFT TEAMS

Microsoft Teams is an additional way of students communicating with their teachers regarding work that has been set via the SIMS app. This is not compulsory and merely an additional tool. To log in, students need to go to www.office.com and log in using their school email address and password (as above). Teachers will invite students to their 'teams' and may hold online class discussions at certain times. We will not be using voice or video conferencing, just the virtual classroom feature.

CONTACT

If you have any queries about the work that has been set please email your child's teacher. Email addresses can be found on our website www.stosmunds.dorset.sch.uk under 'Contact Us'. Tutors will also be making contact with all families at least once a week to provide support & to 'check in'.



Find us on Facebook and Twitter to keep up-to-date with news



Subscribe to our YouTube channel where you can find Mrs Sawtell's weekly challenge!

INSPIRE
EMPOWER
ACHIEVE

WHITE ROSE MATHS

We are using the White Rose Maths website to set maths work for this next term. This means that from 4th May, the work will align with the BBC Bitesize/iPlayer support.

Go to www.whiterosemaths.com/homelearning and click on the year group for your child. Your teacher will have set what work you should complete via SIMS. Download the correct sheet (you can write your answers digitally or on paper), watch the video and then complete the sheet. We don't expect all children to be able to complete all questions on the worksheets correctly, independently.

Once a week, we ask that you email your child's maths teacher to let them know how they are getting on. Aim for your child to complete four lessons of maths a week.



ACHIEVEMENT CERTIFICATES

There will be award certificates going out in the post next week for students who received their bronze, silver or gold award for merits received last half term and for those students who had consistently high ATL scores or improved their ATL score since the Autumn term.

Well done!

Mrs Sawtell has also been busy writing Headteacher awards for students who have made exceptional effort. Congratulations.



ST OSMUND'S FOOD BANK

You may have seen on our Facebook page that our food bank has been a huge success. We are very grateful for all of the wonderful donations you have made. Our donation box continues to be located outside of our main doors if you are able to drop some food off.

Equally, if your family requires support please get in touch and we can deliver food parcels to you.



SCHOOL TRIP REFUNDS

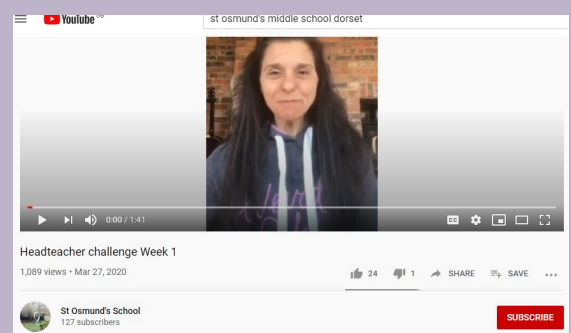
Thank you for your patience and understanding while we organise refunds for trip payments made.

We are working closely with our insurance company and travel providers to provide you with refunds as quickly as possible.

More information about when and how refunds will be made will be sent very shortly.

HEADTEACHER'S CHALLENGE

Don't forget to watch Mrs Sawtell's weekly challenge on our YouTube channel. Mrs Sawtell has been very impressed with the entries she has received so far. Send your completed assignment to headteacher@stosmunds.dorset.sch.uk.



MENTAL HEALTH

We appreciate that this is a very difficult time for everyone and one of great insecurity for many and we as a school are here to support as best we can in this time of uncertainty.

On the next page you will find a list of websites and apps to support children, young people and families emotional health & wellbeing

FREE SCHOOL MEALS

If your circumstances have changed and you think you may be eligible for Free School Meals you can apply here: <https://www.gov.uk/apply-free-school-meals>

Websites and Apps to support Children, young people and families Emotional Health & Wellbeing



It can be scary to hear about a disease outbreak, but learning the facts can help ease your mind. An organisation called Brainpop have created a short animation about Coronavirus just for children and young people: <http://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>



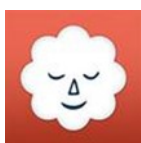
Feel Brave is a series of books designed to help 4- to 7 - year olds explore emotional intelligence and feelings. The books help children deal with anxiety, confidence

issues, bullying, fears, change, loss and grief. These little stories about big feelings will help children develop the resilience they need to cope effectively with these important issues as they grow up. The accompanying teaching guide includes the text from the five books plus activities and ideas for developing the themes of each of the books. More info here:

www.feelbrave.com



Headspace app – Guide to everyday mindfulness - <https://www.headspace.com>



Stop, Breathe & think – meditation & mindfulness app - www.stopbreathethink.com



Friends and family

Find out how friends and family can help you stay mentally healthy, and get tips on managing changes. <https://youngminds.org.uk/find-help/looking-after-yourself/friends-and-family/>

The BBC Own It keyboard and app



The Own It app will help you to make smart choices, feel more confident and get advice when you need it. <https://www.bbc.com/ownit/take-control/own-it-app>



Childline has launched Calm Zone – an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or

sad. The resources include real and virtual suggestions of how to feel calmer including a series of gifs to colour and play with. For older children and teenagers, Childline offers a full range of resources to support emotional health and wellbeing with toolbox of interactive and written resources on topics such as anxiety, stress and panic attacks.

More info here: www.childline.org.uk/toolbox/calm-zone



Kooth provides online mental health services for children, young people accessible through mobile, tablet and

desktop and free at the point of use. Kooth is a free, safe, anonymous and non-stigmatised way for young people to receive counselling, advice and support on-line. it provides a much needed out of hours service for advice and support.

Website: www.kooth.com



Anna Freud
National Centre for
Children and Families

Self-care resources for young people - www.annafreud.org/on-my-mind/self-care/



Social networks, apps and games . <https://www.net-aware.org.uk/networks/>

Net Aware reviewed the most popular social networks, apps and games children are using. This link provides an 'At a glance' way to find out what children are using different apps for – play, create, learn or connect.

The experts views of the risks, considering if there is - high medium or low risk for - sexual, violence & hatred, bullying, suicide & self-harm, Drink, drugs & crime content.