

PARTIAL SCHOOL OPENING/CLOSURE

TRUST UPDATE #4

MONDAY 20 APRIL 2020



MALTBY LEARNING TRUST

Exceptional Experiences. Successful Lives.



MESSAGE FROM THE CEO



THE VALUE OF A FAMILY

Families mean different things to different people. No matter what your definition of family, it is clear that at times like these the family unit has never been more important. It is encouraging to see that while modern family life is ever changing and the need for parents to multi-task increases, many people still hold a strong view on 'family values'. The term 'family values' define what is meaningful to your family — the beliefs and ideas that bind your family together. Values reflect our sense of right and wrong, they help us grow and develop, they help us create the future we want. The decisions we make every day are a reflection of our values.

It is clear that we learn most of our values from our parents and extended families. Children must be taught these values by families, friends, and larger communities. We continually pass down our values to the next generations, so it's important to be clear about the things we care about and what we teach our children and grandchildren to care about as well.

Many people consider friends to be as close or even closer than family. People who have lost close family members may create a family unit of friends with similar interests and goals. This type of family unit can be just as close, if not closer, than a traditional structure. Friends are chosen by an individual; at times, these people may be more special or important than the family a person was born with. In addition, some people who have supportive families also have an extensive network of friends who they consider to be a second family.

Hopefully, this unprecedented period of 'lockdown' will provide a time for reflection where society can take a long hard look at its values. Personally, I would like to see a move back to a more traditional emphasis, where the family values are central to the way you want to live your life. Family values help children and young men and women make good choices because they have a set of beliefs to help guide them.

Please keep safe and well.

David Sutton

'FAMILIES ARE THE COMPASS THAT GUIDES US. THEY ARE THE INSPIRATION TO REACH GREAT HEIGHTS, AND OUR COMFORT WHEN WE OCCASIONALLY FALTER.'

Brad Henry
American Lawyer/Politician



THANK YOU

KEY WORKERS AND NHS

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.

FAMILY

Secondly, we would like to take this opportunity to be thankful for family. Despite the social distancing measures, families are pulling together like never before and that's playing a huge part in how people are coping with this experience.

We are all out of routine, missing our loved ones, lacking control and living with uncertainty, and whether it be through an app, on a text, via video call or in the house with you, it's our families who will give us their time, their support, their comfort and see us through this time of unknown.



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.**



HOW TO HELP SAFELY

You should only leave the house for one of four reasons, and one of these is to provide care or to help a vulnerable person. Even when you are doing this, you need to stay safe.

WHO CAN I HELP?

You can help households who are isolating. This could include friends and family members as well as your neighbours. Always remember, you should only provide support in person where it is essential for the health or care of a vulnerable person.

HOW CAN I HELP SAFELY?

- You should not go inside the homes of anyone you do not live with, especially vulnerable people or people who believe they may be infected and are isolating themselves. Breaking these rules could put you at risk of infection, or risk spreading it to others.
- You should stay 2m or six feet away from anyone you do not live with at all times. Do not share a car journey with them.
- You should also regularly wash your hands with soapy water for at least 20 seconds.
- If you have offered to help other people, please do not place yourself in positions where you may feel unsafe, for instance helping late at night.

WHAT CAN I DO?

1. Help with food shopping

- Try to limit your time out of the house by doing your own shopping and the person you are helping's shopping at the same time.
- Always leave the groceries on the person's doorstep and step further than 2m away before they pick up their bags.

2. Collecting medication

- You can pick up medicines on someone else's behalf. People should only request medication that they need, in their usual quantities.
- Keep a safe distance when leaving any items on the person's doorstep or drop off area, and make sure that they have collected the medication before leaving.

3. Stay in touch over the phone or via social media

- Staying at home for a long time can be a lonely experience and may impact on people's wellbeing.
- Just saying hello and regularly checking in over the phone or by video-chat is important and can make a huge difference.



TRUST VISION AND VALUES

You may remember completing an online survey early in the Autumn Term regarding Multi-Academy Trusts and their core purpose and functions. We would like to thank you for taking the time to engage in this short survey and for sharing your views on this matter. The Trustees recognise the need to regularly revisit the vision and values, engaging the views of all stakeholders and ensuring that it continues to meet the ambition for all our learners, regardless of their social background and starting points. **Following a lengthy period of consultation we are delighted to share the latest vision and values for the Maltby Learning Trust (MLT). More to follow on this next term.**

OUR VISION



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

OUR VALUES



**LEAD BY
EXAMPLE**



**AMBITIOUS
FOR ALL**



**PROUD OF
OUR
COMMUNITY**



**PREPARED
FOR THE
CHALLENGE
OF CHANGE**



**ENRICHING
LIVES AND
DEVELOPING
CHARACTER**



CONNECTING
Connecting
students.
Connecting staff.
Connecting
schools.

— *Exceptional Experiences. Successful Lives.* —



ARRANGEMENTS FOR FREE SCHOOL MEALS



From Monday 20th April 2020 the Trust will be moving to the Government FSM e-voucher scheme. The e-vouchers can be redeemed for food in many of the local supermarket stores. Every pupil eligible will be automatically registered for the service. You do not need to contact the Academy in order to activate this service.



E-voucher codes will be distributed by the Trust to the eligible families using their registered e-mail address. These will be e-mailed to eligible families every Monday. If the school does not have a current e-mail address for a family, the appropriate gift cards will be posted on Monday (allow 3 days for delivery).

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



The E-vouchers can be redeemed against several supermarkets including:
Asda / Tesco
Sainsbury's / Morrisons

Parents and carers simply need to present their e-voucher on a smartphone/tablet upon payment, or print out the e-voucher and present this at the till in-store.

Some e-vouchers can be redeemed online.



Please note that if the Trust encounters any difficulties with the e-voucher system at any point we will message the relevant families and revert back to the 'grab bag' system for an interim period.



FREE SCHOOL MEALS - 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.



Parents/Carers –
I save more than
£350 a year!



Students – I get a
tasty, healthy meal
every day for free!



School – We get
hundred's of pounds extra
per year to support your
child's learning!



SUPPORTING MENTAL HEALTH AND WELLBEING

Maltby Learning Trust understands this is an unsettling time for all members of our community but that parents/carers may be additionally worried about their child's mental health and emotional wellbeing. If you are very concerned about your child's mental health and emotional wellbeing we would always advocate that you consult with your child's GP and that you access A&E services if you feel emergency help is needed. However, Maltby Learning Trust is continuing to provide mental health and emotional wellbeing support during this time.

Rotherham MAST will be offering mental health and emotional wellbeing telephone support during the coming weeks while schools are closed to the majority of students. As ethically trained Counsellors, the Rotherham MAST Mental Health Specialists have been mindful of guidelines issued by the British Association for Counselling and Psychotherapy (BACP) in respect of knowledge of psychological and operational processes relevant to telephone interventions.

To 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:

Wath Academy: enquiries@wathacademy.com / pastoralteam@wathacademy.com / safeguarding@wathacademy.com

Maltby Academy: info@maltbyacademy.com / ma-PastoralTeam@maltbyacademy.com / ma-Safeguarding@maltbyacademy.com

Sir Thomas Wharton Academy: admin@stwacademy.com

Ravenfield Primary Academy: info@ravenfieldprimaryacademy.com

Maltby Lilly Hall Academy: info@maltbylillyhallacademy.com

Maltby Redwood Academy: info@maltbyredwood.com

Maltby Manor Academy: info@maltbymanoracademy.com

Other helplines you might find useful during this time:

Anxiety UK: 0344 477 5774

CALM: 080 58 58 58

Mind: 0300 123 3393

Samaritans: 116 123

Childline: 0800 1111



DIGITAL 5 A DAY

Easy to follow, practical steps for children and parents to achieve a healthy and balanced digital diet.



1. CONNECT

The internet has enabled everyone to maintain friendships and family relationships no matter where they are in the world and children often say that chatting with friends is the best thing about social media. It's important to acknowledge that this is how children keep in touch but it's also important to have a conversation with them about who they are connecting with and their privacy settings. Remember to keep an open dialogue about e-safety.



2. BE ACTIVE

Activity is very important for mental wellbeing and all children should have time to switch off and get moving. Children don't have to be an athlete to be active. Find something that they enjoy – be that swimming, walking, dancing or yoga – begin at a level that works for them and make it a regular activity. Researching an activity or place online before going out is a good way of combining the two and provides an opportunity for you to use the internet together.



3. GET CREATIVE

The internet provides children with unlimited opportunities to learn and to be creative. From learning to code to building complex structures in Minecraft to creating video content, the summer can be a great opportunity for children to build their digital skills. Time spent online doesn't have to be spent passively consuming content. It can be educational, creative and can provide opportunities to build skills for later life.



4. GIVE TO OTHERS

As well as using the internet to learn about how to get involved with local and national charitable schemes, children can give to others through their everyday activities. Remind children that by giving positive feedback and support to friends and family as well as reporting the negative behaviour of others, children can help the web make a positive place for everyone.



5. BE MINDFUL

Children often feel pressured by the constantly connected nature of the internet. While they might want to do other things, it can be difficult for them to put their phones down when apps are encouraging them to engage. Be mindful about the amount of time that your child is spending online – and encourage them to come up with ways of managing this, i.e. keeping a diary as way of logging the amount of time they are spending online or downloading an app that helps them manage their notifications.



THE IMPORTANCE OF SLEEP

HEALTH

Although there are some medical conditions which can influence the quality of sleep, poor sleep can affect physical health as well as mental health. Evidence shows that sleeping well can boost immunity levels, improve blood pressure and help to avoid weight gain. Exercising during the day helps us to feel good and also helps to promote a good night's sleep.

You could try a 10 minute workout, or perhaps a beginner's aerobics class? For the rainy days, why not create an obstacle course for your children!

ATTITUDE

It's important to relax before going to bed; this might be something which needs working on at first.

Instead of watching one more episode of your favourite box set, why not try some bedtime mediation instead?

Warm milk slows our bodily responses and relaxes our muscles. You could try a homemade hot chocolate recipe, or have a warm bath with some homemade bath crystals.

SLEEP

Getting a good night's sleep is really important for health and wellbeing. When we don't get enough sleep, we are prone to feeling irritable, low in mood, lacking in energy and have difficulty concentrating.

When someone feels worried and anxious over a prolonged period of time this then produces a vicious circle of poor sleep hygiene and low mood which perpetuate each other. Dwelling on unhelpful thoughts at bedtime are likely to interfere with quality of sleep and risk a negative mindset the next day. This allows further unhelpful thoughts to form, and if no steps are taken to address these, or to improve sleep hygiene, the result is likely to be more nights of disrupted sleep and more days of feeling low.

To find out more information on how to sleep better, have a look at some of the tips on this page, based on Mental Health Foundation's 'HEAL' or click here for more information.

ENVIRONMENT

The blue lights emitted by electronic devices e.g. smartphones and tablets, inhibit the production of melatonin, the chemical which helps us to sleep at night. It might be worth investing in an alarm clock for you or your children; one less excuse for mobile phones to be switched on through the night.

Lavender is believed to aid sleep, why not try making your own lavender bags? Having a 'wind down' routine can be really helpful. Click here for lots of sleep tips that you and your children might want to try out.

LIFESTYLE

The way we sit can affect our muscles, and the ability to relax properly at the end of a day. Correcting our posture can help with our physical and mental health, and contribute to a better night's sleep. Click here for tips and exercises for correcting posture. Alcohol can contribute to a poor night's sleep as it affects the kind of sleep we have - for more information, click here.

If you are laid awake for 20-30 minutes, evidence shows that it is better to get up and indulge in a relaxing activity, rather than staying in bed. Just 6 minutes of reading can help to relieve tension and relax the mind.

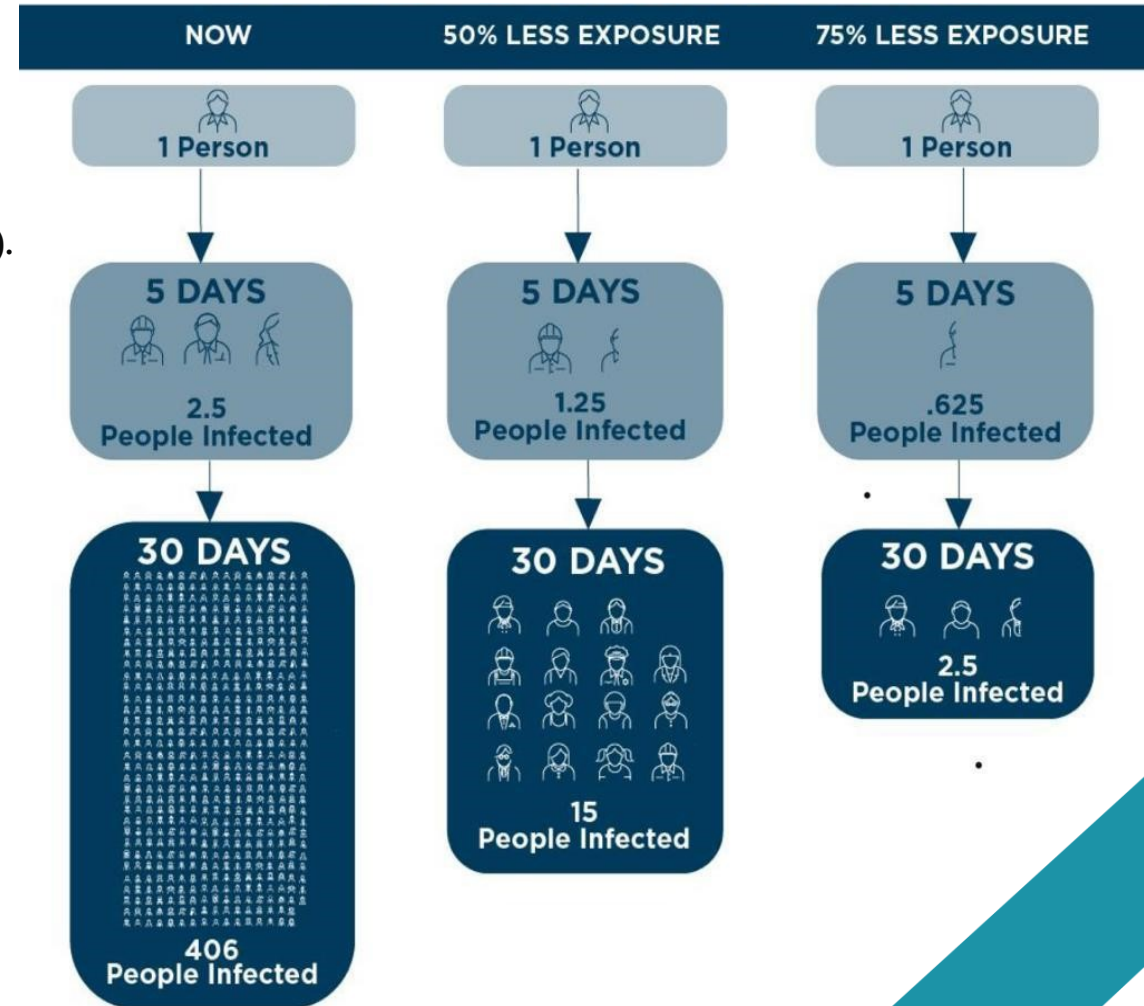


WHAT IS SOCIAL DISTANCING?

Social distancing measures are steps you can take to reduce social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are to:

- Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.
- Avoid non-essential use of public transport when possible.
- Stay at home.
- Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.
- Use telephone or online services to contact your GP or other essential services.



PROTECT YOURSELF AND HELP PREVENT INFECTION

There is currently no vaccine to prevent COVID-19. **The best way to prevent illness is to avoid being exposed to this virus.**

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



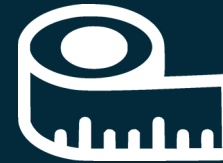
STAY AT HOME

The single most important action we can all take is to stay at home to reduce our day-to-day contact with other people and reduce the spread of the infection.



FOLLOW THE GUIDELINES

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.



AVOID CLOSE CONTACT

Put distance between yourself and other people. Try to stay 2 metres, or 6 feet away from people at all times.



CLEAN YOUR HANDS OFTEN

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.



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. On Twitter we post regular updates and share important information as it is received.



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

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



GOODNEWS

After the success of her first video, Mrs Cooper from **MALTBY REDWOOD ACADEMY** has recorded her second book reading, this time its 'The Tiger Who Came to Tea'.

[Click here to watch the video.](#)



Students at SIR THOMAS WHARTON ACADEMY

have been so busy over Easter, a whole gallery has been created to display their work, **[take a look!](#)**



FURTHER INFORMATION

For further information about how to protect yourself and others, visit:

www.gov.uk/government/publications/covid-19-stay-at-home-guidance

For information about the closure of schools and other educational settings following the outbreak of coronavirus (COVID-19), visit:

www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers

For information about Maltby Learning Trust and what we are doing to keep our staff and students safe, visit:

www.maltbylearningtrust.com/coronavirusupdate

For more information about social distancing and how to protect vulnerable people, visit:

www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people

To contact the Department for Education's dedicated Coronavirus Helpline, call 0800 046 8687.

This line is a service provided to support parents, school leaders and teaching staff. The helpline is open Monday to Friday, from 8am until 6pm.

For medical advice about COVID19, it is important that you do not visit your GP surgery, pharmacy or hospital.

Stay at home and use 7 the 111 online coronavirus service to find out what to do: www.111.nhs.uk/covid-19



GOODNEWS

Children at **MALTBY LILLY HALL ACADEMY** have been making birthday cards and poems for Captain Tom Moore! They're absolutely lovely - **take a look here.**

Well done sir Tom

stay safe
support
NHS

Staff at **MALTBY REDWOOD ACADEMY** have created a beautifully heart-warming video for their students, **watch it here!**





GOODWORK

MALTBY MANOR ACADEMY has been the hub school for the Maltby Learning Trust Primary Academies over the Easter break. All the children settled into the new environment very well and have been engaging in lots of activities like making parachutes, pizzas and lots of Easter decorations. Children from Maltby Redwood Academy enjoyed having the KS2 trim trail to themselves and the children from Maltby Lilly Hall Academy have liked the new KS1 trim trail.

The school has been transformed, with rainbows filling every window. Even though the children have followed the social distance guidance, all have participated in the Joe Wicks workout each morning, and took part in a table tennis tournament organised by staff!

Mrs Cliff, Principal at Maltby Manor Academy said: "We look forward to continue welcoming the children and those from Maltby St Mary's over the next few weeks. It really shows our strength as a Trust how well we're all working together."

