

PARTIAL SCHOOL OPENING/CLOSURE

TRUST UPDATE #3

TUESDAY 14 APRIL 2020



MALTBY LEARNING TRUST

Exceptional Experiences. Successful Lives.



MESSAGE FROM THE CEO



In tough times, our community becomes our strength.

Right now, right across the world, uncertainty is the new normal. When you look at all that has changed in the world over the last few weeks and months, it is not hard to see why this is the case; most parts of the world are in complete lockdown, hospitals are inundated with sick people, public events and travel are prohibited, local businesses are suffering, and people are isolated from their families and loved ones.

If all this bad news and uncertainty is affecting your mental health and well-being, here is a positive thought to focus on: Those of us who believe passionately in the power of communities are starting to see this come to the fore and make a real difference to the people living within them. Over the last fifteen years it's been a privilege to work as part of the Maltby Learning Community and more latterly the broader Learning Trust and to get to know the children and their families in these local communities. I've seen first-hand how incredibly strong, caring and compassionate the people are in these respective learning communities. I've experienced how in the face of adversity and challenge, communities can pull together and the people support each other.

Communities can be the saving grace in a nation wracked by the Coronavirus and perhaps more severely, by the fear of the Coronavirus. I believe that in the same way that people are catching the 'panic' bug, we are able to catch the 'help each other' bug. Whilst we are all having to look after ourselves and work within the 'social isolation and distancing' guidelines, we are still able to make a call or send a message to our family, friends or neighbours. In addition, we can collect groceries or essentials for those considered most at risk. This is our time to step up and make a difference for the people in our local community.

Remember that these hard times will not last forever. If we focus on doing what we can to strengthen and build up our communities now, we are doing much more than surviving. We are building a foundation for renewed growth and community revitalisation once this pandemic comes to an end. One day in the not too distant future, we will find we made it through these tough times and came out on the other side stronger, better, and closer than ever.

Keep safe and well.

David Sutton

***“THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED
BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS.”***

- Coretta Scott King
American Author/
Civil Rights Leader



THANK YOU

SUPPORTING THE KEY WORKER ROLES

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.

This week we turn our attention to the staff in schools, many of whom are finding ways in which they can provide additional support in the fight against the coronavirus. We have colleagues working in schools to support the children of key workers, others ensuring that the resources available in school are used to best effect in the wider community, and many setting learning activities and challenges for children to continue learning at home. You only have to see our Academy Twitter feeds to realise the extent and the lengths that our colleagues are going to: visit @MaltbyLearning to find links to them all.

As we know, the NHS do so much to look after us, especially in our hour of need. Colleagues in the Maltby Learning Trust are proud to support the fight against Coronavirus. Thank you.



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.**



STRENGTHENING COMMUNITIES

Locally is where people can make the greatest difference. We need to come together to provide help where and when it is needed. It's up to us to create safety nets inside our communities.



MODEL 'HELPING' BEHAVIOURS

Lead by example. Every time you go to the supermarket, see if you can assist an elderly person with their shopping, share your groceries with someone who doesn't have them, calm someone's fears, provide a helping hand etc. Where possible help by showing others how to live in truly unprecedented times.



COLLECT INSPIRING STORIES OF NEIGHBOURS HELPING NEIGHBOURS

Openly share these 'good news' stories with others. Share them on social media. Positive stories are incredibly powerful. These are the 'bright spots' that make us feel better and put us in a stronger frame of mind. Inspiring stories encourage others to jump in and help.



FIND WAYS TO CREATE VIBRANCY

In his book 'The Social Animal', David Brooks writes about 'the urge to merge'. Social isolation will take its toll. We need to engage with others and to feel that we belong to the human family. People are now finding new and innovative ways of bringing communities together; clapping for careworkers with our neighbours; singing from open windows; leading group workouts from balconies and online, etc. Get creative about ways you can bring people together virtually even when they cannot be together physically.



KEEP HEALTH CONCERNS IN MIND

You might think it goes without saying to wash your hands, practise social distancing, and follow all the Public Health guidelines, but I feel it can never be repeated too many times. Be vigilant. Follow the rules. Nothing is more important than keeping people safe. This is part of leading by example.



ACTIVATE THE 'CAN-DO' ATTITUDE IN YOUR COMMUNITY

Celebrate small wins. Make a big deal out of them. People really need something positive to think and talk about right now. With enough small wins, you'll start to create momentum. Also, focus on resilience. Assure people that as bad as things are right now, they are strong enough to get through this crisis.



USE ALL YOUR SOCIAL INFLUENCE

Think, who do I know who needs help - and who else do I know who might be able to assist them? Put them in touch with each other. This can be an incredibly valuable service.



COMMUNICATE, COMMUNICATE, COMMUNICATE

Establish strong lines of communication within and beyond your local community. Make daily contact with the most vulnerable members of the community. Be calm, considerate, caring, compassionate in all communications. Listen carefully to what is being said so that you can understand and meet their individual needs. At times like these, people really need to hear from each other.



ARRANGEMENTS FOR FREE SCHOOL MEALS



All students eligible for 'Free School Meals' across the Trust are still able to access a 'grab bag' meal deal from their local school through this period of partial opening/closure. These are available for collection from the following schools:

Wath Academy
Sir Thomas Wharton Academy
Maltby Academy
Maltby Manor Academy*

*Maltby Manor is the distribution point for all Primary Academies over the next two weeks.



After Easter 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 email address.

Please contact your local school immediately if this 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.



WHAT WILL HAPPEN WITH EXAM RESULTS THIS SUMMER?

Last week we issued the communication from Ofqual explaining how GCSEs and A Levels will be awarded in the summer of 2020. This can be found on the Department for Education's website: www.gov.uk/government/organisations/department-for-education

In summary, the aim is to be fair to all students and to make sure young people are not disadvantaged in progressing to sixth form, college, university, apprenticeship, training or work.

Each school has been asked to submit two pieces of information:

- 1) the grade the school believe each student was most likely to get if teaching, learning and exams had continued as planned; and**
- 2) within each subject, the order of students in the respective school, by performance, for each grade.**

When deciding these grades, the school has been asked to take account of a range of factors, including classwork and homework, results in assignments and any practice exams, any non-exam assessment or coursework that has been done and general progress during the course.

Please note that all schools have been instructed not to share this information with students or their parents.

Final grades will be issued in the summer - no later than the date they would have been expected to be received in August, or sooner if available.

For students in year 11, around May half-term we will begin to develop work that will allow them to focus on the subjects they are considering studying at A Level. In the interim we would remind you that colleagues from our careers and Sixth Form teams in each school will be in contact over the coming weeks to support a successful Post 16 transition.

It remains our intention for each secondary school to celebrate everything our Year 11 and Year 13 students have achieved during their time with us, and to say a proper goodbye to them at some point in the future.

Information for students in Year 6

At this stage we still have not received any information from the Department of Education about how the end of year assessments for Year 6 will be determined, given that we know that the SATs tests will not take place this summer. Please be assured that we will share this information once a government update has been released.

Please see www.maltbylearningtrust.com/coronavirusupdate for further information.



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



MAINTAINING A POSITIVE MINDSET

RELATIONSHIPS

Keeping in touch with other people, sharing how you feel and offering a listening ear stops feelings of loneliness, builds a sense of belonging and helps to improve mood. Helping others has the reciprocal effect of creating positive emotions in both the giver and receiver.

For tips on helping others, [click here](#).
Or to learn more about the benefits of helping others [take a look here](#).
Remember that 'laughter is the best medicine.' Find ways to make yourself and others laugh - [click here](#).

POSITIVITY

Feeling low can correlate with a decrease in self-esteem and confidence and give rise to negative thinking. It's important to replace unhelpful thoughts with positive ones.

[Click here](#) to learn more about raising self-esteem.

Help you and your children beat low mood and feel more confident - [click here for more information](#).

Try keeping a self-esteem journal to encourage positive thoughts, [click here for more information and tips](#).

Most people have the occasional 'bad day' when they might feel low in mood, lacking in energy, and be prone to feeling irritable, tearful and tired. Hopefully these days are far outweighed by the 'good days.'

It is natural to experience more episodes of low mood when life events are stressful and uncertain. The most important thing that people can do is to recognise when they, or someone around them is feeling low, and to try and take steps to improve wellbeing before mental health becomes problematic.

To understand the difference between low mood and depression, learn some coping strategies and for information and support visit www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression

You could also try some of the tips on this page to improve low mood.

EXERCISE

Keeping active boosts our serotonin levels, which helps to combat low mood.

Try a 10 minute workout: [click here](#).

Or exercise with your children: [click here](#).

Sunlight also helps to increase serotonin production and gardening is a great way to keep fit: [click here](#) for more information and gardening tips!

RELAXATION

When your mind is busy, especially if you are having unhelpful thoughts, you might notice that your body feels tense. In the long run this is not helpful for either your physical or mental wellbeing.

You could try some simple breathing exercises: [click here for more information](#).

Or you could try some fun and creative exercises, maybe with your children: [click here for tips and inspiration](#).

For 8 relaxation tips , [click here](#).



KEEPING YOUR FAMILY SAFE

We know that COVID-19 (Coronavirus) will have a serious impact on the lives of those who are experiencing domestic abuse.

This is a difficult and stressful time for everyone. If you or someone you know are experiencing domestic or sexual abuse it will be even harder. This is because for most of us it will mean increased time at home, increased time in close proximity to the person causing harm, increased emotional and financial stress, increased isolation, and reduced family and social support.

Safety Plans

If you have a safety plan, review it with your support worker or consider creating one and sharing with a trusted friend or family member.

You can use the Women's Aid Survivors handbook: www.womensaid.org.uk/the-survivors-handbook/.

You may want to consider:

Setting up code words for safe contact – so that you can text or message someone to let them know if things are difficult without alerting the person who is abusing you.

Save your support person's number under a pseudonym or different name e.g. as the health visitor, your manager, a friend – anything that is realistic and safe.

Think about who you are having contact with – a worker, friends or family who can raise the alarm if you need emergency help.

Think about where you can flee to if needed – is there a neighbour or friend you can rely on?

IF IT'S AN EMERGENCY ALWAYS RING 999

HELPLINES:

Rotherham Rise Confidential Advice Line: 0330 202 0571

Freephone 24 hour National Domestic Abuse Helpline: 0808 2000 247 (run by Refuge)

Men's Advice Line: 0808 801 0327

Respect helpline: 0808 802 4040 (for anyone worried that they may be harming someone else)

Galop: 0800 999 5428 (national helpline for LGBTQ people experiencing domestic abuse)

Forced Marriage Unit: 0207 008 0151

If you suspect that an abuser is monitoring your internet usage, find out how to hide your browser history:

Women's Aid also provides webchat <https://chat.womensaid.org.uk/> Monday to Friday 10am – 12pm

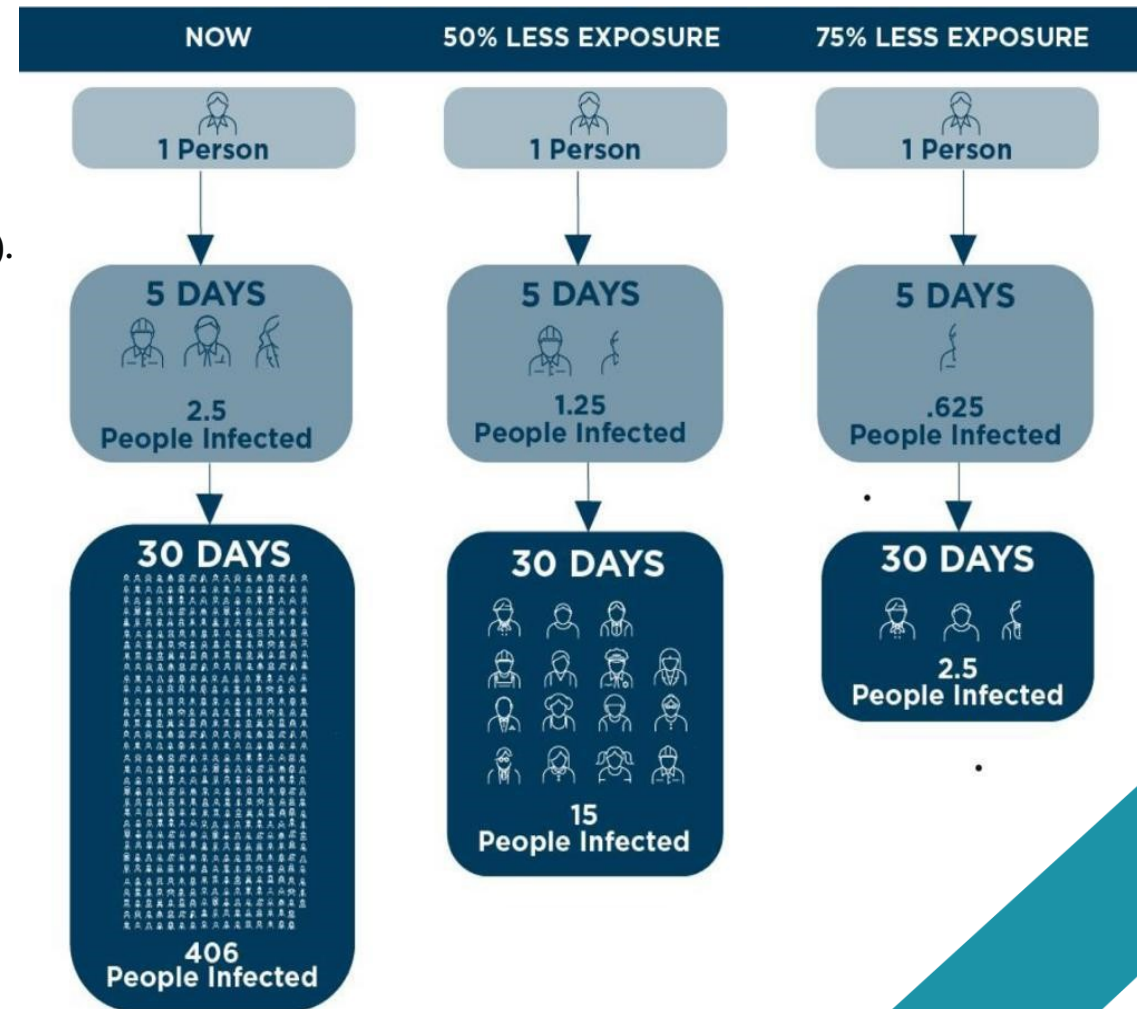


WHAT IS SOCIAL DISTANCING?

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.



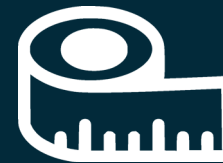
STAY AT HOME

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

Our children at **MALTBY REDWOOD ACADEMY** have had great fun taking part in the Joe Wicks PE sessions every morning. If you haven't yet tried his workout, watch his 'PE With Joe' YouTube sessions at 9am every weekday. [Click here to view his channel.](#)



MALTBY ACADEMY's

Mrs Freeman achieved a personal best this week whilst taking part in the Sheffield FC Scholars daily challenge! Watch her video [here!](#)



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 the 111 online coronavirus service to find out what to do: www.111.nhs.uk/covid-19



GOODNEWS

Both **WATH ACADEMY** and **MALTBY ACADEMY** have taken part in the PE Toilet Roll Challenge, where staff members virtually throw a toilet roll to one another. The videos are fantastic, watch them here: [Wath Video](#) & [Maltby Video](#)



MALTBY REDWOOD ACADEMY's Mrs Flowers has been spending her time at home making scrubs for our NHS. What an incredible gesture of kindness!



GOODWORK

It is beyond impressive to see the dedication that students are throwing into their home learning, here are just a small selection of the incredible examples of work we have seen so far:



Children in Year 1 at **RAVENFIELD PRIMARY ACADEMY** have been having a beanstalk race! We love the castles in the clouds!



Laila, in Year 2 at **MALTBY LILLY HALL ACADEMY** has created this incredible rainbow effect using only water, felt pens and kitchen roll!



Miss Marshall at **MALTBY ACADEMY** has been blown away by the work produced by her Year 10 students. This annotation of Macbeth is fantastic!



This wonderful music festival poster was completed by **WATH ACADEMY**'s Year 8 student, Tyler - such excellent lettering and colourwork!



Abigail, of **SIR THOMAS WHARTON ACADEMY** has used her scone making skills learnt in school and transformed it in to a family meal!

