

FAQs for parents

I am a key worker. I would like my child to attend school. What do I do?

Hall Mead School are committed to our duty of care for the children of key workers who are unable to make other arrangements. As the official advice is for everyone to stay at home where possible, please only use this provision if your child cannot safely stay at home. If you need to send your child into school, contact the main office on 01708 225684 or office@hallmeadschool.com to let us know when we should expect your child at school.

If we are expecting your child to come in but they will not be attending, please also let us know on 01708 225684 or office@hallmeadschool.com.

REMEMBER, DO NOT SEND YOUR CHILD TO SCHOOL IF THEY HAVE A TEMPERATURE OR A COUGH OR ANY MEMBER OF THE HOUSEHOLD HAS THOSE SYMPTOMS.

Where does my child access their work?

All work is going to be set using our online platform Moodle. This can be found by going to our school website and clicking the 'M' symbol at the very top of the page. Your child uses their normal school log in to access Moodle.

Some subjects might ask students to use other websites/e-learning tools, but all instructions will be posted on Moodle, so your child must log on daily to get their work.

If you or your child has any issues with Moodle, please contact moodle@hallmeadschool.com

What do I do if my child says one of their log-ins doesn't work?

If any log-ins do not work, please contact the Head of Year for your child who will speak to the relevant teachers for you.

Year 7 (Mr Morritt): smorritt@hallmeadschool.com

Year 8 (Mrs Topp): etopp@hallmeadschool.com

Year 9 (Mr Shaheed): dshaheed@hallmeadschool.com

Year 10 (Mr Swan): jswan@hallmeadschool.com

Students from the PLC: ebint@hallmeadschool.com

How much work is my child expected to do per day?

We will were initially providing enough work for your child to match a full school day, but will be slowing the pace of work set after the Easter holidays, because we understand that there is a need for more flexibility whilst working from home, and it is important for children to build in opportunities for exercise and wellbeing activities too. We are asking that your child completes each subject's work at least once per week.

The principle is that pupils are keeping an interest in learning; families will need to decide which is the best way to organise the day to ensure pupils are inside and active. Learning is important in all senses of the word, so you might want to include other activities in your schedule such as baking a cake, wiring a plug or researching a new hobby.

We have created suggested timetables for you to follow or adapt for your child at home.

Key Stage 3 (years 7-9):

	Monday	Tuesday	Wednesday	Thursday	Friday
08.50-09.00	Watch news				
09.00-10.00	Maths	English	Geography	Science	Maths
10.00-11.00	English	Science	English	History	Computing
11.00-11.30	B	R	E	A	K
11.30-12.30	Science	Maths	Science	Spanish	RS
12.30-13.30	L	U	N	C	H
13.30-14.30	PE* Wellbeing Reading	PE* Wellbeing Reading	PE* Wellbeing Reading	PE* Wellbeing Reading	PE* Wellbeing Reading
14.30-15.30	Art	DT	Music	Drama	PSHE

*For exercise suggestions, please see the Hall Mead School PE Department Twitter account @HallMeadPE. There are suggestions for other wellbeing activities on the TWINKL website or refer to the appendices.

Key Stage 4 (year 10):

	Monday	Tuesday	Wednesday	Thursday	Friday
08.50-09.00	Watch news				
10.00-11.00	English	Science	English	Maths	Maths
11.00-11.30	B	R	E	A	K
11.30-12.30	Science	Maths	Science	English	Option Subject
12.30-13.30	L	U	N	C	H
13.30-14.30	PE* Wellbeing Reading	PE* Wellbeing Reading	PE* Wellbeing Reading	PE* Wellbeing Reading	PE* Wellbeing Reading
14.30-15.30	Option Subject				

*For exercise suggestions, please see the Hall Mead School PE Department Twitter account @HallMeadPE. There are suggestions for other wellbeing activities on the TWINKL website or refer to the appendices

How often will subjects upload new work?

Subjects will provide enough work for your child to follow these timetables and will update work every 1-2 weeks. If you are worried that your child has completed everything that has been set and needs extra work, please contact your child's **Head of Year** or the relevant **Head of Department**.

Is my child expected to continue working during the Easter holidays?

We think it would be a good idea for pupils to stay connected to school during the next two weeks, and still have activities to do during this time, so we will be setting some alternative, creative Easter tasks on

Moodle for this period. There will be different kinds of tasks set during this time that recognise the need for pupils to keep their learning going, but also recognise that children need a bit of a break too. There will be teachers 'on duty' throughout this period, so if your child runs out of things to do, contact your child's teacher via email.

What happens if I don't have a printer?

We do not expect you to have printers at home. Work that is being set by subjects does not require a printer. Any work that students need to do in response to work set, should be completed in their exercise books. If your child has any issues with accessing the work on Moodle because of IT equipment, please contact the relevant **Head of Year** who will be able to provide physical work packs for your child.

How do I know my child has completed the work set?

We are asking that pupils complete as much of the work set in their exercise books as possible. Parents should speak to their children about what work they have completed each day; what new things they have found out; written work they have completed; difficulties they have faced etc.

Does my child have to type their work?

We want our students to complete as much of their work in their exercise books as possible. It is important that students continue to handwrite their work where possible and do not just rely on typing work. If your child doesn't have their exercise book at home, please use paper and keep work together in a subject folder.

How should my child organise their work at home?

Where possible, your child should use their exercise books to complete work. They should date and title each piece of work as they usually would. Any loose sheets or resources should be organised in folders or poly-pockets in the order they have been set by the teacher.

Will the work be marked? Will my child get feedback on their work?

The aim of most of the work being set is to embed the learning of this year and in previous years to ensure students do not forget what they have learnt so far. We know that constantly retrieving, practising and going over learning helps us to remember it over time. This is a perfect opportunity for students to make excellent and detailed revision notes/cards for later in their studies for this purpose.

Some work that students are being asked to do will self-mark and share feedback automatically with students and teachers. Teachers will monitor this feedback regularly.

With time, we will devise a solution for providing pupils feedback on the rest of their work. Students can always email suitable work or questions direct to their teachers for feedback also.

Whom do I contact if I have any safeguarding concerns?

If you require any support during the following weeks, please contact:

- 101 – non emergency police
- 999 – Emergency police
- 01708 433222 – 9am – 5pm – Havering Social Care
- 01708 433999 – out of hours, Havering Social Care

For mental health support, you can access:

- Your GP / A & E – Queen's Hospital
- www.kooth.com – online counselling

- wysa – mental health app, downloaded via App store
- 0300 300 1888 (CAMHS)
- Mental Health Direct - 0300 555 1000
- NHS Direct – 111

Can my child still get a free school meal?

Yes. We will be providing free school meal packages for those who are eligible and are able to come to the school to collect it. A Parentmail was sent with more information and can be found on our website. We will update you on the voucher scheme as soon as we have the full information and have registered on the Government portal. Please contact kcole@hallmeadschool.com if you have any concerns.

Appendix

Suggested activities for looking after our mental and physical wellbeing

Learn something new

- Learn a language – Duolingo app is free and has anything from Italian to Japanese to Swahili, or just practice your existing knowledge of French or Spanish
- Learn Sign language! British Sign Language is offering free 20 hour courses for under 18s <https://british-sign.zendesk.com/hc/en-us/articles/360044794654>
- Choose a free course on anything from International Aid to Tourism to Digital Skills on [FutureLearn](#) or [Coursera](#) (both age 13+ only)
- Explore famous landmarks from your sofa – go on a virtual tour of Buckingham Palace, the Eiffel Tour or a zoo and much more [here](#), virtually visit galleries and museums [here](#)

Fun section

- Make a crossword/wordsearch/spot the difference activity for a friend, then swap and complete each other's
- Play Pictionary, heads up and other games over video calls with your friends by downloading Houseparty app for free
- Competitions – upload pictures for a breakfast competition – who can make the best breakfast? Who can load the dishwasher the quickest? Who can take the funniest picture of their pet?
- Set up group competitions on Quizlet live in which you log in at the same time as your class
- Bake a cake with an adult. Whilst baking, describe textures and tastes
- Design your own boardgame
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Mental health

- Meditate a little every day via apps or YouTube ([Headspace YouTube channel](#), [Calm YouTube channel](#))
- Mindfulness colouring
- Write a gratitude list to keep yourself positive – find a notebook and write down 3 things each day that you are grateful for
- Write a journal each day to acknowledge your thoughts and emotions
- Keep in touch with friends with video calls. Reach out to people you wouldn't normally speak to.
- Clean up your social media. Do the accounts you follow actually make you feel good? Find positive accounts like @youngmindsuk that boost your mood and share your interests

- Find [coping techniques](#) for anxiety or make a [self-soothe box](#)
- Make a vision board with your hopes, dreams, interests and more

Physical health

- Do an hour of free PE at 9am each weekday morning via fitness expert Joe Wick's YouTube channel
- Stretch – see how good this [full body stretch](#) for beginners makes you feel!
- Yoga – many free videos on YouTube

Reading

- Listen to an audio book – many accessible for free on [BBC Sounds](#), this is really calming and relaxing!
- Create a virtual book club with friends in which you read the same book and talk about it