

# MOUNTAIN SUPPORT NEWSLETTER

Cycle 3 Week 2

## Welcome

A warm welcome to the first Mountain Support Newsletter! Here you will find information and ideas to support scholars and families during school closure. We have included advice on wellbeing, healthy living and mental health. There are suggestions for activities to keep scholars occupied throughout the day, and listed are links to useful websites and phone apps.

Ms Tizard, Head of Mountain Support

*“Empowering and supporting scholars to climb their individual mountains.”*

Mountain Support  
Department Sentence

## Appreciations

**Staff, scholars, parents, carers—send us the name of someone you would like to thank!**

Well done Haseeb for producing a professional and informative PowerPoint presentation! *Mrs Power*

Thank you for completing your Lexia every day!  
*Parent*



## Why are we at home?

We are all working together to keep ourselves, our families and our communities safe and well. Coronavirus is not dangerous for most people but it is for some. It is contagious which means it can be spread through the air. If we stay away from each other then it will not spread as easily, which is why schools are closed. We need to follow the instructions given by the government otherwise vulnerable people can get very ill and hospitals will be overwhelmed. <https://www.gov.uk/coronavirus>

**STAY AT HOME** 

**PROTECT THE NHS**

 **save lives**



## In This Issue

- Why are we at home?
- Wellbeing
- Fun activities
- Setting goals
- Exercise
- Studying at home

# The 5 Ways to Wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



## Read reliable news

Read the news from trusted sources, not from social media comments. There is a wealth of 'fake news' on social media sites that can cause anxiety. Sometimes it can look like it is from a reliable news source such as the BBC, but this might not be the case.

BBC Iplayer – <https://www.bbc.co.uk/tv/bbcnews>

BBC Newsround – <https://www.bbc.co.uk/newsround/51204456>

## Bradford Schools Online

There are a huge number of fantastic resources online if you follow these links below.

Autism and communication: <https://bso.bradford.gov.uk/content/autism>

Cognition & Learning: <https://bso.bradford.gov.uk/content/cognition-and-learning>

Early Years: <https://bso.bradford.gov.uk/content/early-years>

SEMH: [https://bso.bradford.gov.uk/content/social-emotional-metal-health-\(semh\)](https://bso.bradford.gov.uk/content/social-emotional-metal-health-(semh))

### Five Things

- Pause for a moment.
- Look around and notice 5 objects you can see.
- Listen carefully and notice 5 sounds you can hear.

Notice five things you can feel against the surface of your body.

Refocus whenever you feel disconnected.

## Fun Activities

- ◇ Board Games
- ◇ Home cinema
- ◇ Baking with an adult
- ◇ Make a collage with magazines or photos
- ◇ Carpet picnic
- ◇ Make a photo album
- ◇ Listen to music and make a playlist
- ◇ Hide and seek or a treasure hunt—this can be fun at any age!
- ◇ Painting, drawing, colouring in
- ◇ Exercise videos e.g. yoga, Joe Wicks
- ◇ Scavenger hunt on your daily walk - an example checklist: *a bird, something orange, street sign, number 4, a dog*



## Useful Phone Apps

- |                           |                  |
|---------------------------|------------------|
| Smiling Mind (meditation) | Calm (wellbeing) |
| BBC news                  | Rivet (reading)  |

## ChildLine

The ChildLine website is jam-packed with articles, videos and games to support young people and families. <https://www.childline.org.uk/>

### HOW ARE YOU FEELING?

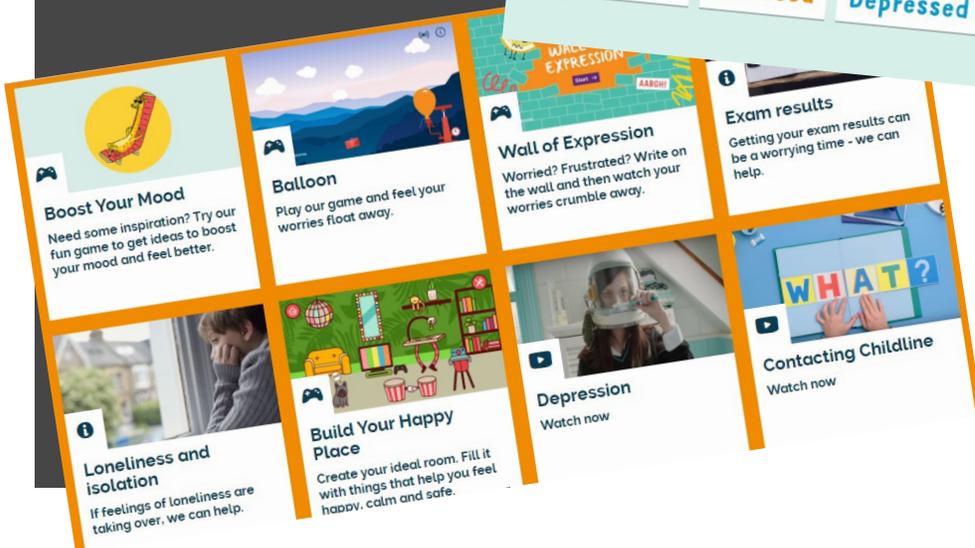
- Excellent Good Okay Bad  
Horrible Stressed Depressed

Feeling excellent, great or amazing? Share that positive feeling.

Post on our Good days message board

Be creative with our Art box

Get involved in fun stuff



# Top tips for supporting your child at home

- 1 Establish a daily routine.** Routines provide reassuring structure and purpose. Include a mix of learning, creative, physical, relaxation and 'electronics' time. Help your child make a visual timetable so everyone understands the plan.
- 2 Make time for physical activity.** Encourage your child outside and rediscover garden games. If you can't get outside, suggest your child makes an indoor obstacle course. There are lots of resources available on the BBC, ITV and YouTube.
- 3 Work on personal care skills.** Identify self-care tasks that your child would like to do more independently, for example tying shoelaces or getting dressed.
- 4 Develop life skills.** Help your child learn how to prepare their lunch, use a washing machine or change their bedsheets. Older children could complete an online First Aid course or start to learn another language.
- 5 Create a suitable study space.** Ideally your child should have an appropriately sized chair and table, but if they must use adult furniture ensure they can sit with feet firmly planted and their shoulders relaxed.
- 6 Teach your child to type.** Typing is a valuable skill for education, social communication and for the workplace.
- 7 Rediscover creative activities** such as playdough, junk modelling, Lego and origami.
- 8 Spend social time together as a family.** Play board game, watch a film or make a cake. Schedule mealtimes together and commit to them.
- 9 Keep in touch.** Arrange for your child to spend time each day talking to friends or family members on the phone or on social media (with adult supervision where appropriate).
- 10 Look after yourself.** Being a full-time parent/carer with household duties and work is challenging. Make sure you eat and sleep well, and include time for your own rest and leisure in your daily routine.

rcot.co.uk

Royal College of Occupational Therapists 

## Useful Websites for Learning

Reading activities including books being read aloud: <https://www.youtube.com/user/puffinbooks1>

Resources for families with children 0-11 years <https://literacytrust.org.uk/>

Ted Talks—a collection of talks for 'educators, students and parents' to promote discussion <https://ed.ted.com/>



## Taking control

It can be hard feeling like you have no control over the circumstances that we find ourselves in.

Setting goals can help develop a sense of control.

Parents/carers can make a table like this with scholars, and discuss ideas as they complete it.



### Goal Setting

What I want to achieve by...	... <u>the end of social distancing.</u>	... <u>the end of this school year.</u>	... <u>the time I'm 18.</u>	... <u>when I'm an adult.</u>
<b>Goal:</b>	<i>Example – to clear out my bedroom and clothes cupboard.</i>		<i>Example – get excellent GCSE and A Level results.</i>	
<b>What I can do now:</b>	<i>Example – make a pile of things I want to keep and things I don't need any more.</i>		<i>Example – complete all work set and research topics I'm interested in.</i>	
<b>What I need to do next:</b>	<i>Example - make a donation to a charity shop when social distancing ends.</i>		<i>Example - work hard at school when it reopens.</i>	

# Exercise

We all know that it is important to exercise every day to keep us feeling physically and mentally well, but presently we are limited in what we can do. Current government guidelines say that we can leave the house once a day to exercise. Here is some advice from the NHS website. <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>



**How much physical activity should children and young people aged 5 to 18 do to keep healthy?**

Children and young people need to do 2 types of physical activity each week: aerobic exercise, and exercises to strengthen their muscles and bones.

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All ac-

## What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

- walking
- riding a scooter / skateboarding / rollerblading
- walking the dog
- cycling on level ground or ground with few hills

## Get exercising!

Yoga for kids: <https://www.youtube.com/watch?v=4ZpkRAcgws4>

Joe Wicks: <https://www.youtube.com/watch?v=d3LPrh10v-w>



# Positivity

One of our DMA values is positivity which is about approaching each day with a can-do attitude, tackling every challenge as an opportunity and fully contributing to a joyful school culture for all.

**Watch a motivational video selected by Miss Barlow:**

**Push yourself!** <https://www.youtube.com/watch?v=d9gwmYPMBYM>

**It's hard getting good grades!** <https://www.youtube.com/watch?>



## What activities strengthen muscles and bones?

- walking
- running
- games such as tug of war
- skipping with a rope
- gymnastics
- climbing
- sit-ups, press-ups and other similar exercises
- basketball
- dance
- football
- resistance exercises with exercise bands, weight machines or handheld weights
- aerobics
- martial arts



# Studying at home

## Daily emails to scholars

As you already know, all scholars receive a daily email from a member of the senior leadership team containing their timetable of learning for the day.

## DMA website

Please check our website for information and updates. <https://www.dixonsma.com/>

## Check Twitter

Please follow the links on our website to watch video messages from Mr Davies and your heads of year!

# Learning Online

**SAM Learning:** <https://www.samlearning.com/>



**Lexia:** You should be logging in to complete at least two sessions of Lexia a week if you normally have these lessons. You need the Lexia app if you are using it on your phone.  
[www.lexiapowerup.com](http://www.lexiapowerup.com)



**Seneca Learning:** This is new! Check your emails for information  
<https://www.senecalearning.com/>

**Hegarty maths:**  
[www.hegartymaths.com](http://www.hegartymaths.com)



An example of the daily emails that scholars receive:

### Studying at home 03 April 2020

#### Timetable Day

- 08.00: Collective Learning: reading through 100% sheets and creating quizzes on different subjects
- 08.35: Period one: English (please see tasks the English team have set scholars)
- 09.30: Period two: Maths (please see the tasks the maths team have set scholars)
- 10.25: Break
- 10.45: Period three: Science (please see the tasks the science team have set scholars)
- 11.40: Period four: Spanish (please see the tasks the MFL team have set scholars)
- 12.35: DEAR: scholars should read for 40 minutes or be read to for 40 minutes
- 13.15: Lunch break
- 13.55: Period five: Humanities / Stretch (scholars should complete them Humanities tasks of work on Stretch)
- 14:50: Period six: Arts / Options (please see the tasks the Arts / Options team have set scholars)



Science	<p>Task: SAM learning tasks are available on <a href="https://www.samlearning.com">www.samlearning.com</a> code: 1tq9yayvcg.</p> <p>Resource: <a href="https://www.dixonsma.com">www.dixonsma.com</a></p> <p>Contact: <a href="mailto:jhern@dixonsma.com">jhern@dixonsma.com</a></p>
Spanish	<p>Task 1. Mark all the activities for <a href="#">Lesson 9</a> – see email with the answer sheet.</p> <p>Task 2. Complete four activities on <a href="#">SAM Learning</a>. Read AGE's email for more information.</p> <p>Extension: memorise words from Cycle 3 100% sheet</p> <p>Contact <a href="mailto:agenoves@dixonsma.com">agenoves@dixonsma.com</a></p>
Arts	<p>Task: Using the Bridget Riley power point, go through the different tasks. This is also your Easter homework.</p> <p>Exention: Think of more complex forms/shapes you could transform in Bridget Riley style (see power point)</p> <p>Contact: <a href="mailto:swilliams@dixonsma.com">swilliams@dixonsma.com</a></p>
Stretch & DEAR	<p>Research the idea of 'visual' and create a mind map of all the different sub-topics that might inform your big and mini-questions.</p> <p>Read the DEAR tasks booklet sent by Ms Wellbrook yesterday and complete one task during DEAR time today.</p>
Other tasks	<p>Support your family and the <b>relationships</b> you have by quizzing a sibling on their school work or offering to help other family members in their daily chores.</p>
Additional Material	<ul style="list-style-type: none"><li>• SAM Learning: <a href="https://www.samlearning.com">www.samlearning.com</a></li><li>• Hegarty maths: <a href="http://www.hegartymaths.com">www.hegartymaths.com</a></li><li>• Lexia: <a href="http://www.lexiapowerup.com">www.lexiapowerup.com</a></li></ul>

# Studying at home

## Scholar advice

- You have going to have to be incredibly self-disciplined and show absolute focus
- Your notes / revision material / 100% sheets are the starting point for you to keep your learning alive
- You must keep going back to what you have already learnt in each subject as your teachers would usually do in lessons
- Check academy emails regularly as teachers may email individual scholars with additional support / tasks
- If you have a concern about an individual subject, please email your class teacher in the first instance
- If you have any other concern, please email your Head of Year in the first instance

## Family advice

- Keep scholars' day as close to normal as possible, do not let them get into the habit of staying in bed
- Ensure scholars are taking breaks
- Ensure scholars are doing a balance between online work and paper based work
- Quiz scholars about what they are doing
- Show an interest in their topics
- Ensure they are emailing their usual classroom teacher with any subject specific questions, we will aim for a 24-hour response at least
- Following NHS and government advice (which is constantly changing)



## Contact Us

Mountain Support: [DMA\\_MS@dixonsma.com](mailto:DMA_MS@dixonsma.com)



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