

Head's Up (... date)

Welcome to the second edition of Head's Up ...date!

Friday 22nd January 2021



Year 11– DFE Consultation

The DfE consultation period is open. To have your say, you need to click on this link [here](#) and complete the survey. **It closes at 11:45pm on 29 January 2021.**

Year 11 Prom and Leavers' Events

Unfortunately, we cannot plan a Prom for the 2021 co-hort due to the current Covid-19 restrictions. We do not know when these will be lifted or by what extent. Even if they are, we are not sure if 200+ people will be able to mix together and have a Prom this summer. Obviously, we will do what we can to give the children a Prom. However, our advice is **to avoid buying anything for a Prom** until we know, for definite, we can hold one.



Year 9 Options 'Virtual' Event

Went live on Monday 18th January 2021. [Options Information](#)

Free school meals vouchers

These have re-started and parents will receive their vouchers very soon. The finance staff are working hard to make sure the move back to vouchers is as seamless as possible. We will also ensure this payment is maintained through half term, even if the government does not continue their commitment over that period.



Remember if you have not claimed for free school meals in the past but now feel, due to a change in circumstances, that you may well be eligible, please email: enquiries@ianramsey.org.uk

Wednesday morning tutor time

It is essential that all pupils check-in with their tutor each Wednesday morning. It allows us to check on everyone's wellbeing. It gives us a chance to share key messages and allows us to share in collective worship together. Using the chat function, pupils can highlight any concerns they have and get support through their tutor and the pastoral support systems.

Request a Chromebook now!

We still have plenty of these available for our young people to borrow during lockdown.

If you are having problems accessing your Remote Learning because you don't have access to an appropriate device on which to do it, then please **ask your parent/carer to contact Mr Snowden, Deputy Head**, and we'll be able to help you (a phone is not appropriate!). This includes loaning multiple devices to the same families. Pupils need access to their own laptop or Chromebook. (Email address: snowdenp@ianramsey.org.uk)



Some of the mobile phone companies are also offering free data whilst we are in lockdown, but you have to meet certain criteria for this – you can find out more at <https://get-help-withtech.education.gov.uk>



Live lessons continue each day. Remember to follow your own timetable. You will be sent a message each day, if your teacher is not delivering live lessons.



Last week five pupils attended 24 lessons across the week - Luke, Bailey, Sophie, Lucy and Daisy. We also had hundreds of others accessing 20 or more lessons. Well done! We have over 90% of pupils, each day, accessing the live lessons. We will keep working with families to get this figure even higher.

Remember to follow the 'top tips' on remote learning. These can be found at the back of [blended learning and intervention policy](#).



Holocaust Memorial Trust – live survivor webcast

Eve Kugler BEM will broadcast live about her experiences. As a Holocaust Beacon School and the day before Holocaust Memorial Day, we think this an important opportunity for our pupils to be able to listen to a first-hand account from this wonderful lady.

Years 9, 10 and 11 will be able to watch this webcast during lesson 2 on Tuesday 26th January from 10.00am.

Teachers of lesson 2 will stream this in Google Classroom starting promptly at 10.00am. We hope the pupils will find this interesting and take advantage of this rare event.

Staying Healthy

We are all spending a lot more time on computers, at the moment, than we would do normally. It's really important that we look after ourselves to avoid risks like eye and muscle strains/aches. Check out the advice below from healthy, set go and BUPA.

[Desk stretches to ease aches and pains \(bupa.co.uk\)](http://bupa.co.uk)



Why not try listening to a piece of music to help you relax? Try focusing on the different instruments that are playing. How many can you spot? Listen to your own heart beat. Place your hand on your heart and breath deep and slow. Try

breathing up through your right side and out through your left. This is not as easy as it sounds, but it helps you to focus on your breathing and helps to relax you.

YOGA is the new big thing with adults. It's a great way to start or end a day. There are lots of links on Youtube or free apps you can try. Even my father-in-law is doing it!



You said.... We did...

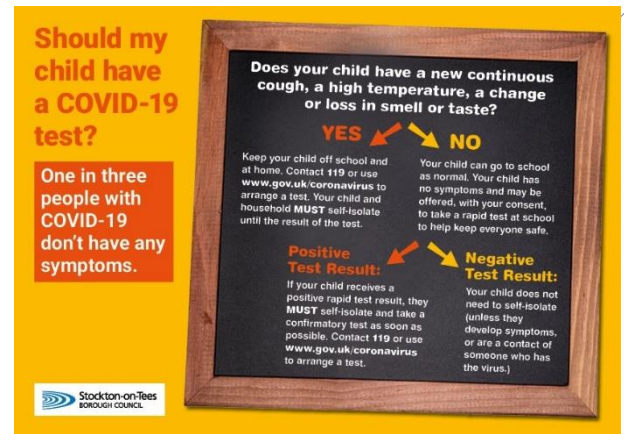
After listening to pupils, parent/carers, and staff we have decided to make some subtle changes to the timetabled lessons each day. From Monday period 2 will finish five minutes earlier, at 11:10am, and period 3 will start five minutes later, at 11:20am. This will provide everyone with a 10-minute comfort/screen break between periods 2 and 3.



COVID-19 Testing update

The Local Authority has provide a very useful poster to help you understand whether you should send your child for a COVID test.

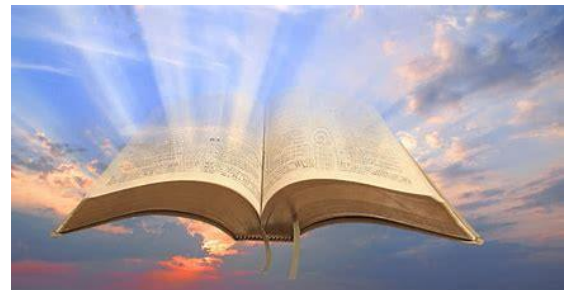
If someone in your family is going for a test or has tested positive, please complete the [form](#) on our website.



App of the week

Smile Mind: Offers hundreds of mindfulness activities for all ages. You will notice an Australian accent, as it does originate from 'down under', but it is absolutely free.

Father God,
It's Friday and we have come through another week.
Thank you for being with us during these difficult times.
Thank you for letting us see light at the end of the tunnel.
Thank you for being a beacon of light and hope in these dark days of winter.
We pray for continued strength, for inner peace and calm
And for the resolve to help one another stay safe.
In Jesus' name.
Amen



**Have a wonderful weekend everyone and we will see you back in our virtual classrooms on Monday.
Take care and stay safe.**

Look out for the next edition of our Head's up (date...), next week.



Joy Hope Forgiveness Wisdom Perseverance
Ian Ramsey Church of England Academy