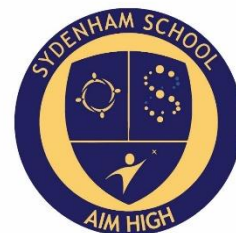


Sydenham School Parent Information Factsheet – The School Closure Due to the Coronavirus Outbreak



We will keep this factsheet regularly updated with information to support you and your child during the closure due to the coronavirus. If you have a suggestion for something to add to this factsheet, please email Ms Gostling at d.gostling@sydenham.lewisham.sch.uk.

Question or Problem	Answer
My child cannot log into the school email account.	Please email passwordreset@sydenham.lewisham.sch.uk with your child's full name and tutor group.
My child cannot find work online or is struggling to make the system work.	<p>Please access: Learning from Home. This link provides a timetable of the days work is set for each subject and how it is set.</p> <p>Try using Google Chrome as the internet browser as it often makes the systems that we have work more efficiently.</p> <p>When using Teams on a phone or iPad, you are not able to upload work to a folder. If your child is using a phone or iPad to access work, they can email their teacher the work instead.</p> <p>If your child doesn't have adequate access to the internet or a device to access the learning, please email updates@sydenham.lewisham.sch.uk.</p> <p>A guide for parents and carers on the use of Microsoft Teams can be found at this link.</p>
My child does not have Microsoft word or Power Point on their laptop or computer.	Please use this link to access all the Office 365 programmes including Word, Power Point and others for free via your child's school email account.
My child is finding it hard to organise their time and stay motivated	<p>Try following this advice from some of our Year 7 and 10 students, who made these suggestions on the student survey:</p> <p><i>"Try and create a routine. Mine is from 9-11, then a lunch break for an hour, then 12-3 with small breaks in between. I do around 4-5 hours of work every day, which is pretty much the same amount as at school. It gives me enough time to be productive and creative. It also allows loads of time before and after for other hobbies, exercise, and do more work if you want to."</i> (Year 10)</p> <p><i>"With me, I've learnt that waking up in the morning and doing my work is better than waking up late and doing work."</i> (Year 10)</p>

	<p><i>"Do hours of one subject at a time and have small 15 minute breaks in between the hours to get some fresh air." (Year 7)</i></p> <p><i>"Get your work out of the way and have an idea of what you want to do after you've finished." (Year 7)</i></p> <p><i>"Remember that although you are physically isolated, your mindset isn't. Create a timetable of what lessons you want to complete for each day or a list of what targets you would like to accomplish. You also don't need to complete all work alone, you can arrange a time where you can Face Time or use any social media platform to do work with a fellow student." (Year 10)</i></p>
I am an essential key worker and need to change my arrangements for my child.	If it is possible for the children of essential key workers to safely be kept at home, they should be. If they cannot be safely kept at home and you need to contact the school, please email Ms Gostling directly at d.gostling@sydenham.lewisham.sch.uk .
My child is struggling with the work that a teacher has set.	Your child can contact their teacher directly using their school email account. Please note that no personal email addresses can be used or responded to.
My family has been really affected by the impacts of the lock down.	<p>Remember that you can always contact your child's tutor or YLC if you need any extra support or to inform us of anything that you think it would be important for us to know about.</p> <p>The Sydenham PTA has produced a guide which includes links to lots of different sources of support for families. You can download this from our website at this <u>link</u>.</p> <p>If you are experiencing hardship and require support, please contact Ms Wijnberg on <u>e.wijnberg@sydenham.lewisham.sch.uk</u>.</p>
I have a safeguarding concern about my child or another student.	The school has contacted all families with a Social Worker directly and will be in regular contact with the family and Children's Social Care to ensure the safety of all vulnerable children during this time. If you have a safeguarding concern about your child or any child that attends Sydenham School please email our Designated Safeguarding Lead Ms Quartey on e.quartey@sydenham.lewisham.sch.uk or call Ms Quartey directly during school hours on 07908 277599.
I am concerned about my child's emotional well-being.	<p>It is important that we continue to support children's emotional well-being during this time of disruption and there are resources for parents on how to approach this on the Anna Freud website: https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/</p> <p>Please do also encourage your child to use the following resources, and indeed they are useful sources of information for parents too:</p> <p>https://www.childline.org.uk/toolbox/calm-zone/</p> <p>https://www.kooth.com/</p> <p>https://www.sydenham.lewisham.sch.uk/information/parents-useful-links</p> <p>https://youngminds.org.uk/</p>

I am worried about my child's safety online.	https://www.internetmatters.org/advice/ is an excellent website that supports parents and carers with discussing e-safety with their children in a way that is appropriate to their age range. Internet use can be hugely positive for children, but it is vital to continue discussing online safety with them.
I am worried my child is being groomed or radicalised online.	Co-ordinated by Prevent the "Let's Talk About It" website https://www.ltai.info/ , is aimed at young and vulnerable people who could be at risk of being groomed by extremist individuals and groups online. There is extensive advice on the website to support parents and children with spotting the signs of online grooming. If you would like to discuss any concerns you have around grooming or radicalisation online for your child or any student that attends Sydenham School, please contact Emma Quarley Assistant Headteacher and Designated Safeguarding Lead on 07908 277599 or email to e.quarley@sydenham.lewisham.sch.uk .
I am concerned about the impact of domestic abuse, either in my own home or that of another child at Sydenham.	In light of Covid-19 and lockdown we know that nationally there has been an increase in domestic abuse. If you are experiencing domestic abuse or you know of a family who is, please contact: <ul style="list-style-type: none"> • Our Designated Safeguarding Lead, Emma Quarley on 07908 277599 • The National Domestic Abuse helpline on 0808 2000 247 • Athena (run by Refuge and based in Lewisham) on 0800 112 4052.
I am not sure how to discuss Covid-19 with my child. Where can I find some support with this?	It is important to be able to discuss the pandemic with your child and ensure they can voice any thoughts or feelings they may be having about the current situation. There is a wealth of guidance to support parents with this, please see below for a selection of links which we recommend and you may find useful. https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/ https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/ https://www.mentalhealth.org.uk/coronavirus/talking-to-children Some children may benefit from a more structure approach to the conversation and a 'social story' is an excellent resource. Here is an example: https://carolgraysocialstories.com/wp-content/uploads/2020/03/Learning-About-the-Corona-Virus-by-Dr.-Siobhan-Timmins.pdf
My child has a special education need (SEND). How can I best support them at home?	Your child will be allocated a Teaching Assistant who will email them weekly to offer advice on how to manage studying at home. The Teaching Assistant will also be able to adapt any work set for your child to support them if they aren't able to access a particular piece of work. Do discuss this with your child to check if they have received and used this support. We have also adapted our SEND booklet for parents so that there is an overview of suggested strategies to support each main category of need. This may be of use to help you support your child with their studies during this period of home learning and can be accessed here: SENDBookletMar2020ParentsandCarers.pdf .

<p>My child or someone in my family has developed a new persistent cough or high temperature?</p>	<p>Please follow the Stay At Home guidance from the NHS which can be found at this link. It is absolutely essential that you follow these rules in order to protect the health and lives of everyone in our community.</p>
<p>My child is interested in performing arts, how can I fuel this during social distancing?</p>	<p>Lewisham Music are launching a 'virtual choir' open to students in Years 7 and 8. The 'Sing Up Foundation' adds that <i>"Studies have shown that when people sing, endorphins and oxytocin are released by the brain which in turn lowers stress and anxiety levels. Oxytocin (a natural hormone produced in the hypothalamus) also enhances feelings of trust and bonding which also explains the reports that singing also improves depression and feelings of loneliness."</i></p> <p>This choir, brought to you by Lewisham Music, our local music service, is due to launch on the 15th May and can be accessed via this link https://www.lewishammusic.org/learnwithus/zooom-choirs/. It will take place every Friday at 3pm. There is a safeguarding policy and signup form on the website. They also have a choir for Years 2-6 for younger family members.</p> <p>This list of links has been curated by Ms Durban, our Curriculum Leader for Performing Arts. Writing short reviews of performances is a great way of developing skills. If you have suggestions of resources to add to the list contact Ms Durban at e.durban@sydenham.lewisham.sch.uk.</p> <p>https://streams.culturaldigital.com/ - a host of free performances of great works by world renowned theatre and dance companies. Updated daily.</p> <p>https://www.bbc.co.uk/arts - the BBC Arts page has renamed itself 'Culture in Quarantine' and contains digital content such as dance classes, podcasts and live performances.</p> <p>https://lso.co.uk/whats-on/2019-20-season/alwaysplaying.html - the London Symphony Orchestra performs works every Thursday and Sunday.</p> <p>YouTube 'The Shows Must Go On' - Andrew Lloyd Webber shows, streamed every Friday for 48hours.</p> <p>https://www.sadlerswells.com/whats-on/list?venues=2944 - Sadlers Wells digital stage; includes dance workshops for young people, in addition to streamed performances</p> <p>https://www.whathifi.com/features/10-best-live-streams-and-virtual-concerts-to-watch-in-self-isolation - a selection of comedy, gigs, dj sets and theatre performances.</p> <p>Some families have also suggested these links (please be aware of age limits on some shows):</p>

Southwark Playhouse 3 shows: <https://southwarkplayhouse.co.uk/streaming/>
Royal Shakespeare Company <https://www.rsc.org.uk/news/culture-in-quarantine>
Chicken Shed Theatre
Waiting for the Ship to Sail. <https://youtu.be/H3P-KKPhZ8>
Wise Children – GCSE/6th form
<https://www.bbc.co.uk/iplayer/episode/p0892kf6/wise-children>
Theatrical books https://www.whatsonstage.com/london-theatre/news/16-theatrical-books-to-read-sondheim-broadway_51270.html
Regularly updated list of free streaming shows:
<http://www.filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirus-outbreak-updating-daily>

How do we access the school's Digital Theatre subscriptions?

1. Accessing Digital Theatre Plus:

Website: <https://www.digitaltheatreplus.com/education>

Years 7 and 8: Students in these year groups have a 'limited access account', which prevents them from watching material that may be more adult in theme and content. Their log in is:

Username: user.sydenham

Password: drama78

For wider access, and for use by all other year groups, the general log in is:

Username: user.sydenham

The password is: drama123

2. Accessing the National Theatre Collection:

We have also have limited access to the **National Theatre Collection**. The log in details are:

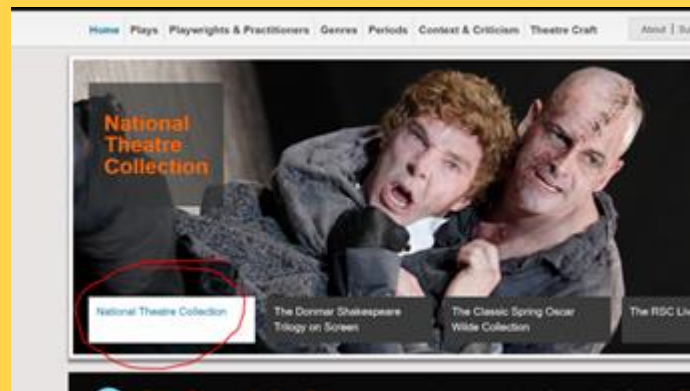
Website: <https://www.dramaonlinelibrary.com>

Username: 0PbG9JQ!s&

Password: 0Te49ZfVn/

This is quite a difficult website to navigate. Follow these steps to make it easier:

1. Look for 'The National Theatre Collection' and click on this button.



2. Scroll down until you get here.

National Theatre Collection

Drawing on 10 years of NT Live broadcasts, alongside high-quality recordings never previously seen outside of the NT's Archive, this collection is now complete and contains 30 filmed performances.

3. Click on any of the orange writing for plays and it will take you to a video of the play.

Please send any reviews or recommendations to Ms Durban, CL Performing Arts, at e.durban@sydenham.lewisham.sch.uk

My child is interested in sport, how can I fuel this during social distancing?

This list of links has been curated by Ms Durban and Ms Fullilove. If you have suggestions of resources to add to the list contact Ms Fullilove, our new Subject Leader for PE at a.fullilove@sydenham.lewisham.sch.uk.

<http://www.thefa.com/get-involved/footballs-staying-home/extra-time> - The FA have designed lots of different challenges for students to complete plus daily challenges.

<https://www.youtube.com/watch?v=8f6twh-LK2A> - NETFIT - a virtual clinic for Netballers

<https://londonsport.org/covid-19/stayinworkout-resources/covid-19-children-and-young-people-resources/>



Covid-19: Children and Young People Resources - London Sport

With the confirmation that many schools are closed due to covid-19, and the prospect that more people will be self-isolating, London Sport have pulled together a range of resources that can help alleviate the difficulties many families will face in keeping their kids active.

londonsport.org

The School Games Championship App

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform

powered by TopYa!. New challenges will be available every Monday, Wednesday and Friday to engage with.

How do I get involved?

Children:

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Player (child) account
3. When prompted to enter an Invite Code enter **23880** and then choose Primary or Secondary School League based on which type of school you attend

AVENGERS ENDGAME 'BLACK PANTHER' Hiit Workout For Kids

<https://www.youtube.com/watch?v=9SDWArXm4mA&fbclid=IwAR04oD0FY1znBhqtQr0BT2t6teOkMZW8ziUgy4SJcNZMPKokIJ2zIUikFjs>