



“January – the beginning of anything you want”

I saw this quotation online earlier this week. It struck me that our students and staff have adapted to online learning and teaching so quickly. We've all begun the school year in circumstances that we most certainly did not wish for, but have really made the best of the situation by continuing lessons in 'normal' lesson time. We've had positive reports from students and staff about Google Classroom lessons and have definitely seen improved engagement with learning. This simply would not have happened without an incredible amount of parental support. Thank you for providing this.

Today we are sending letters out to all families to provide parents with some feedback about whether students are engaging with all of their different subjects. We will send these letters out weekly to you, so that you will know if your child has not completed work in a particular subject area. Next week, I'll issue a parent survey so that you can let us know whether these new systems are working for you.

Much of my time this week has been spent trying to fundraise to make sure that students have a device at home which they can use for school work. There is some good news as we have received some more laptops from the Department for Education this week, which are being configured and issued. We've also written and sent out letters to a huge range of companies asking for support. If you know of an organisation which may be able to help us, please put them in touch. You can refer them to our fundraising page of our website which you can find here: <https://www.northolthigh.org.uk/1401/support-us>. Fingers crossed we will be successful in getting every single student a device.

Ms Budd - Headteacher

Free School Meals

From next week we will be providing free schools meals support to our eligible students using the [National voucher scheme](#). We will be in contact with all our eligible families from Monday to establish how best they would like to receive these vouchers, which can be redeemed at their chosen local supermarket.

This system of receiving vouchers is the same as the one that was used during the first lockdown, and eligible families who received vouchers last academic year will be familiar with it. We will provide clear guidance next week to families on how to redeem these vouchers which will be issued to cover two weeks of free school meals at a time.

Please be aware that these vouchers will only cover meals for term time and currently they won't cover the February half-term. The government has indicated there is wider support in place to support families and children outside of term-time through the [Covid Winter Grant Scheme](#).

If your child doesn't currently receive free school meals, but you believe they may qualify, you can check their eligibility and how to apply [here](#).

Mr Haresnape – Senior Deputy Headteacher

Mental Health and Wellbeing – School Nursing Team

Our local Nursing team is always working hard to ensure that families are aware of how to access support around health at this time. They have shared a wonderful [resource pack](#) that has been designed to give us some top tips to support and maintain a healthy lifestyle.

Our School Nursing Team have also extended their service to include a duty line 7 days a week. If you have any concerns or would like health promotion advice, you can contact the Ealing School Nursing team 7 days a week on **020 8102 5888** or email: Clcht.ealingadminhub@nhs.net.

Each week in our newsletter we will share one of the team's top tips for our mental and physical health. This week's focus is about establishing a day to day routine and keeping in touch with others.

**TOP
TIPS**

Plan your day:

We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

Stay in touch virtually:

Keep your support network strong, even when you're only able to call or text friends and family. Socialising plays an important role in regulating your mood and helping you stay grounded. Use social media (within reason) such as Skype or FaceTime to stay connected to peers. Communication can help you feel less alone and mitigate some of the stress that comes from being away from friends.



Remembering to stay safe online is important – talking only to those you know. For some useful tips on internet safety access the NSPCC website.

Community Sports: Staying Active – Free Sessions



Community
Sports
Trust

Brentford Football Club Community Sports Trust is a regular user of our all-weather pitch in the evenings for their very successful Brentford Kicks sessions. The club is offering all of our students FREE live zoom sessions for children for gymnastics, football and general fitness. What a great way for children to keep active while staying at home. Please see below the dates and times for these sessions and click on the relevant link to register for the sessions of your choice.

Monday – 11th, 18th, 25th January & 1st, 8th February. Link [here](#)

Gymnastics – Open to all, 5-6pm – Ages 8-12 year olds, 6-7pm – Ages 13-16 year olds

Tuesday – 12th, 19th, 26th January & 2nd, 9th February. Link [here](#)

Football/Fitness – Open to all, 5-6pm – Ages 12-18 year olds.

Wednesday – 13th, 20th, 27th January & 3rd, 10th February Link [here](#)

Football/Fitness – Girls only, 5-6pm – Ages 10-16 year olds.

Thursday – 14th, 21st, 28th January & 4th, 11th February. Link [here](#)

Football/Fitness – Open to all, 5-6pm – Ages 12-18 year olds.



Seizing opportunity

Instilling ambition

Realising potential

Remote Learning: The Northolt Way Update

I wrote to you last week to let you know about the exciting live element that we're adding to our remote learning strategy. I am very pleased to report that, on the whole, our staff and students coped very well with the technology and new element- so much so that we are extending our use of Google Meet.

From **Monday 18th January**, we are still asking students to log on at the beginning of each timetabled lesson via Google Meet and we are adding the option to extend the Google Meet. Where appropriate, teachers may now use Google Meet to recall students back to the lesson.

Teachers might use Google Meet to:

- Have a live question and answer session to check understanding of key learning points.
- Explore a key concept or model key learning.
- Invite students for a 1:1 or small group meet to explore a learning point/for a discussion



Google Meet

Here are two useful links to support your children's learning *The Northolt Way*.

1. [Remote Learning: The Northolt Way](#) protocol.
2. [A short video](#) that takes you through how to use Google Classroom and Google Meet.

Finally, and once again, a big THANK YOU for your help and support in keeping learning going whilst our students are at home.

Mr Mathews -Deputy Headteacher.

Students in school during lockdown

While of course the aim of the national lockdown is to keep everyone in their homes, a small number of our students are still coming into school each day to learn onsite. We have written to you if we have offered your child a place. Places are open to children of [critical workers](#) and students who are classified as [vulnerable](#). If we have not contacted you and you think that your child should be learning in school, please contact us on our help@northolthigh.org.uk email address

Covid-19 symptoms

For students in school our Covid procedures remain the same.

You must keep your child at home if your child or anyone else in your household develops coronavirus symptoms. The main symptoms of coronavirus are: • **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) • **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) • **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you are keeping your child at home you must contact Ms McMurdie, our attendance officer, on **02088648544 extension 705**. She will then be able to advise you further.