



Dear Parents / Carers,

We hope you are all keeping well, and we are looking forward to having your child/ren back in school in September. The Government have made it clear that they expect all students to return to school, and so this information sheet aims to support this return and enable you to prepare for September.

When do students return to school and what is their school day?

Each year group is in a different 'bubble,' and students will return to school as below:

8th September school times

Year 7 - 8.30am to 2pm
Year 8 - 9.15am to 11.45am
Year 9 - 1pm to 3.30pm
Year 10 - 9.15am to 11.45am
Year 11 - 1pm to 3.30pm
6th form - 11.30am to 2pm

From the 9th September onwards, the times are:

Year 7 - 8.30am to 2pm
Year 8 - 9.15am to 2.45pm
Year 9 - 10am to 3.30pm
Year 10 - 9.15am to 2.45pm
Year 11 - 10am to 3.30pm
6th form - 8.30am to 2pm

How can parents / carers support us to keep everyone at Queensbury Academy safe?

If you are bringing your child to school, please do not drop them off more than ten minutes before the time specified for your child's year group, and please ensure they stay at least 2 metres away from others - both on the way to school and at the school gate. Only one parent/carer should do the school run and should arrange a quieter place than the school gates to pick up /drop off to ensure social distancing is maintained. Please ensure your children do not arrange to meet up with groups of friends either at the gate or to walk to school. Wherever possible, please leave other children at home. If you wish to speak to someone at school, you must do this by telephone and not just turn up.

Where possible ensure your child wears freshly laundered clothes each day and sanitises their hands thoroughly before attending school. When they get home, they should change out of their school clothes and wash their hands again.

Do not send your child into school if he/she is unwell, or presents symptoms of Covid-19, and immediately inform the school.

Check that your child has the necessary school equipment for lessons as they will not be allowed to

share resources. Provide snacks and water bottles if you feel that is necessary. Food will be available from the school canteens at lunchtimes, but accounts must be topped up from home as we are unable to use the cash machine in school safely.

Please be assured that protective measures have been taken in order to make the school as safe as possible to care for your children during this time. We will continue to adapt and evolve these measures as matters progress.

How to prepare your children for returning to school:



Get a new routine up and running now! Many young people will have had no routine for weeks on end, with a lot of screen time, late nights, and late mornings, which means getting to school and staying awake all day may be an achievement for some pupils. Now is the time to re-introduce a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help your child drift off to sleep more easily and have a good night's rest, ensuring they are ready to learn effectively.

Some tips to help your child be ready for their return to school are:

Limit screens in the bedroom - If possible, do not allow a mobile, tablet, TV, or computer in the bedroom at night, as the light from the screen interferes with sleep. Having screens in the bedroom also means students are more likely to stay up late interacting with friends on social media. Ensure there is at least 30 minutes of screen-free time before going to sleep.

Exercise for better sleep - regular exercise aids better sleep, as well as improving general health. Aim for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to re- set a healthy sleep pattern, too.

Cut out the caffeine - drink less caffeine – found in drinks such as cola, tea, and coffee – particularly in the 4 hours before bed.

Do not binge before bedtime - eating too much, or too little, close to bedtime can lead to an over full or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

Talk through any problems – Encourage your children to talk to you about anything they are worried about. This will help them put problems into perspective and sleep better. You could also suggest they jot down their worries or make a to-do list before they go to bed. This should mean they are less likely to lie awake worrying during the night.

Ensure some early nights and getting up at the time you would for school, so it is not too hard on the first day back.

Is school uniform needed?

Yes, school uniform is needed although full PE kit is not necessary. On the day students have PE they are allowed to come to school in black jogging bottoms and school PE top with their blazer. Ideally uniform should be washed when students get back home. **PE kits should definitely be washed after each wear as students will have been exercising whilst wearing it in school.**

Should students wear a face mask?

If your child is using public transport to get to school, they **will** need to wear a mask. The Government have now said that the wearing of masks in school is necessary in a 'locked down' area, but otherwise it is at the school's discretion whether to allow them in communal areas (not classrooms). We will send

out a further communication on this, however it would be useful to ensure your child has a mask they could wear in school as necessary (unless they are exempt). Fabric masks will need to be washed regularly, and students must ensure that any disposable masks are deposited safely in bins after use.

What should students bring to school?

Students will need a bag with their own pens, pencil, ruler, and rubber inside a pencil case. If they want to, they can bring their own drinks (not fizzy) or water bottle, snacks, hand sanitizer and tissues. They will be given a planner which should also be brought to school every day. **Students will not be able to “borrow “equipment from their teachers or friends, or share snacks and drinks!**

How will students socially distance?



Each year group will form its own ‘bubble’ and students will mix within this bubble. Students will need to follow the rules in place to keep everyone safe. There will be a seating plan in the classroom which is non-negotiable and there for the safety of each pupil. Pupils should stick to the seating plan, not move tables or chairs nor leave their seat without permission from the teacher. KS3 students will be in the same classroom for all lessons, whereas KS4&5 students will move for Option lessons. During the lunch break and if moving in corridors, students will be expected to adhere to social distancing and stay at least 1.5 metres apart.

Will school look different when students go back?

The classrooms may look quite different and students will be sitting facing the front. Students will have their own books and stationery, to avoid sharing. Each building will have an entry and exit door and there will be a one-way system identified by directional arrows. **Before school, between rooms and on exiting toilets, students must wash or sanitise hands carefully.**

What would happen if someone tested positive for Covid-19 within the school?



If someone becomes unwell at school and it is thought they might have coronavirus, they will be put into a separate room until they can be collected and taken home. If two or more students in a bubble test positive, everyone they have been into contact with in their ‘bubble’ may be asked to self-isolate until we are sure no one else is showing any symptoms, or all have been tested and have the all-clear. The school will be led by Public Health on the right approach to take in this situation. **This is why you must tell school if your child is suffering from a high temperature, a new continuous cough or loss or change to their sense of smell or taste.**

How long until school returns to normal?

We know we are going to be living with this virus for a while. It is highly likely the timetable and changes we have made are going to be in place for a while, maybe for longer than this new term. The school will consistently review its risk assessment and make changes to its plans as needed. In some cases, access to home learning may still be necessary and we are planning for that also.

What about students who have to shield, or have sick or vulnerable family members, will these children continue to study from home?



Current advice is that it is safe for most children to return to school in September. If this is not possible due to ill health and on medical guidance, the school will continue to provide home learning opportunities and speak with individual families about how we can best help and support.

What if my child is really anxious or worried about returning to school?

Please tell them it is ok to feel anxious and worried as we are dealing with something new and very unusual. The safeguarding team and all staff are here to help and support you.

If you feel your child needs extra support, you can contact the agencies below for help:



Central Bedfordshire Single Point of Access – 0300 555 0606 - The 0-19 service is operating an essential service, (Monday – Friday 9am – 4.30pm, except bank holidays).



Chathealth – School Nurse text support service - Text 07507331450 to speak with a school nurse for any emotional support or health advice



or visit their website www.childline.org.uk



Parentline – Health Visitor text support service Text 07507 331456 to speak to a Health Visitor (Monday – Friday 9am – 4.30pm, except bank holidays).



Groundworks www.groundwork.org.uk support service to raise self-esteem and emotional support



Kooth – Online free counselling service for children and young people www.kooth.com



Free Crisis Messenger Service for young people, 24/7 support. Text YM to 85258.



If you are concerned about the immediate health or safety of yourself or your child please consult NHS 111, your GP or A&E as appropriate.



Samaritans - 24-hour confidential listening and support for anyone who needs it. (Parents/carers included.) Email - jo@samaritans.org Phone 116 123 (24 hours)

or



Queensbury Academy Staff 01582 601241

Please share this information with your child/ren so they are prepared for their return to school.

We really look forward to welcoming all our students back to the Academy.