



# LGS Newsletter

## 3 April 2020



Dear Parents

This is the second of our weekly newsletters during the school closure period.

At the end of this extraordinary term, I would like to thank you on behalf of the staff for the support you have provided to your sons and daughters over the last two weeks. The engagement with distance learning has been very good and we are grateful for the feedback we have received from students and parents.

I hope you will find the information in this newsletter helpful. Please be assured that we are all working hard to support your sons and daughters during this most difficult time. You can contact us at any time through the school email address [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk).

*Mr J Constable - Headteacher*

### Term and holiday dates

**We will “start up” again for the summer term on Monday 20th April.**

During the holiday period we will continue to be available through the school email address [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk) in case you wish to contact us for advice and guidance.

### Critical worker provision

**The Government’s instruction is to stay at home if possible. However, schools are able to offer supervision for children of workers who are critical to the fight against COVID-19 coronavirus and who are unable to arrange appropriate childcare.**

**If you think your son or daughter will need supervision in school when term starts again on 20th April, please contact us on [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk).**

## Coronavirus (COVID-19): what you need to do

#### Stay at home

- Only go outside for food, health reasons or essential work
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

Langley Grammar School  
Reddington Drive  
Langley  
Berkshire SL3 7QS  
01753 598300  
[school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk)

*Please visit our website at*

**[www.lgs.slough.sch.uk](http://www.lgs.slough.sch.uk)**

***Follow us on Twitter @lgs\_news***



# Updates and questions

## Free school meals - national voucher scheme launched

Students who have been receiving free school meals are eligible for continued support, and the Government is has now launched a national voucher scheme. This will replace the scheme we have been using for the last two weeks through Wonde, and will be effective from Monday 20th January. The scheme will provide a weekly allowance of £15 per eligible child, available as a voucher or gift card for most of the main supermarket chains.

We will be contacting all those families we believe to be eligible for this to explain how this new system will work. If you believe your child is eligible for free school emails but have not been claiming through the Wonde app, please email Mrs Dobbs, Assistant Headteacher, through the main school email address [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk) and she will get in touch with you.

## Pupil Premium funding

The school receives Pupil Premium funding in respect of each student who has been eligible for free school meals in the last six years. Mrs Dobbs, Assistant Headteacher, is in contact with those families to see whether there is anything we can do to support students' learning at this time.

## Problems with online access?

We are aware that online access may be difficult for some students at this time due to family circumstances. There may be things we can do to help. If lack of online access is causing problems for your son or daughter's learning at this time, please contact Mrs Dobbs, Assistant Headteacher through the main school email address [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk) and she will get in touch with you to discuss your situation.

## Ask your son/daughter to reply to staff emails!

The following message has been sent to all students by Mr Cook, our safeguarding lead.

*Please can I remind you to reply to staff emails or to messages sent to you via ClassCharts, during the school closure period. If you do not reply, staff will become concerned about your safety and wellbeing. In such cases the safeguarding team will contact your parents directly to check you are safe and well.*

*I ask you to be responsible during this difficult time and make sure in such instances, you respond to staff communication as soon as is possible.*

**Please could you reinforce this message with your son or daughter?**

## Please report student illness

As you are aware, although the school premises are closed, your child is still being set work during term time to do remotely and this should be completed according to the deadlines set by their teachers.

**After the Easter break**, your child is unable to do this due to illness we would be grateful if you would let us know through via an email sent to [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk), marked for the attention of Mrs Collins if your child is in Year 7-11, or Mrs Murphy if your child is in Sixth Form. This email address is monitored daily and emails forwarded as necessary. Alternatively you can contact the school via the In Touch system which will also be monitored.

We can notify teachers accordingly to ensure that they are aware of the situation. We would also be grateful if you could advise us when your child is feeling better and able to recommence their work, again so that the teachers are aware.



# Students learning

## What is our approach to distance learning during the school closure period?

Over the last two weeks we have been through a very rapid period of change and adjustment. Our approach to supporting students learning in these last two weeks has been to try and cover the normal curriculum as far as possible, setting learning activities roughly in proportion to the volume of timetabled lessons students would have received. During this time we have been getting used to the different systems and platforms for setting learning activities, monitoring their completion, and thinking and what needs to be assessed and how.

It is helpful to think about the school closure in four phases:

<b>Phase 1</b>	Up to Easter holiday	<i>Adaptation to new ways of working</i>
<b>Phase 2</b>	Up to May half term	<i>Curriculum delivery in a sustainable and practical way. Establishing priorities for each year group.</i>
<b>Phase 3</b>	Second half of summer term	<i>Continuation of Phase 2 but with emphasis on transition and preparation for return to school.</i>
<b>Phase 4</b>	Whenever school reopens	<i>Recovery and re-establishing the school community. Finding the 'new normal' and building on the closure experience.</i>

We have been considering how best to approach Phase 2. What is very clear is that we cannot replicate a normal school experience. Students have very different family circumstances, pressures and responsibilities at this time. In some households, parents have to work at home; in others parents are going out as critical workers. Not everyone has the same level of online access at home. In some families, there are those who are unwell and some students simply need quality family time.

Going forward into Phase 2, our approach is therefore to try and identify the essential aspects of the curriculum content that can be learned through distance learning methods - what are the key things students need to learn now so that they will not be disadvantaged when we return to school? Subject leaders will then look at the most appropriate ways to support students to learn those things. This will involve a mixture of different methods of delivery and use of resources and software platforms.

Some parents have questioned why we are not running lots of online video lessons with teachers presenting directly to their students in real time. Issues such as the lack of equity in IT connectivity across families, very different family circumstances, and concerns about safeguarding for staff and students and practical reasons for not adopting this approach extensively across the curriculum. There are also questions about the effectiveness of this style of learning. There is therefore no intention at this time to move to such a virtual lesson approach across the curriculum. However, there **is** definitely a place for increasing the level of direct teacher input into students learning in various ways, and our subject leaders and teachers will be looking at ways of doing this, targeting specific year groups and where this is an effective way of supporting learning.

## How can parents help?

There are lots of ways you can help your son or daughter. Perhaps the most basic is to help them establish a daily routine and to support them in planning their workload across the week. Beyond that, please take an interest in their learning activities and encourage them to see that there are lots of other ways they can 'learn' beyond the school curriculum.

The charity Education Otherwise has produced a guidance document to support parents who are helping their children learn at home. Although initially aimed at those families who home-school their children, it has some useful advice and guidance which is helpful in these circumstances.

<https://educationotherwise.org/index.php/eo-provides-guidance-for-families-of-school-children-learning-at-home>



# Support and guidance

## ***Some reminders.....***

### **Online counselling for students**

Parents are reminded that Ms Burns, our Behaviour and Welfare Practitioner who is a trained counsellor, will continue to provide a counselling service for any students who require support, during the school closure period. This would take the form of a real-time conversation between the student and Ms Burns using school email. Students have been informed via email of the procedure for booking an email counselling session. If parents have any concerns about their child's emotional wellbeing or safety then they can contact Ms Burns or Mr Cook via email through [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk)

### **Staying safe**

**If any parents have a safeguarding or child protection concern** during this period of closure, contact the school via [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk) with the subject line 'Safeguarding concern'. Parents can also contact the Children's Services department of their local authority. If you feel that a child is at immediate risk of harm then contact the police (101 for non-emergencies and 999 for emergencies).

We are aware that your sons and daughters will be spending more time online over the next few weeks and that it may be difficult for you to supervise this as effectively as you would like. Please talk to your sons and daughters about the software platforms they are using, and the online resources we have directed them to.

It is inevitable that your sons and daughters will want to contact each other through social media more than they would normally. This can be positive, but please be alert to any issues that this may raise. You can find advice about dealing with social media on our school website, or by visiting websites such as [www.nspcc.org.uk](http://www.nspcc.org.uk). If you have concerns you would like to discuss with us, please contact the safeguarding team via [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk).

**Thinkuknow** is an education programme from the National Crime Agency's CEOP Command. CEOP is a command of the National Crime Agency and works to pursue and prosecute child sex offenders.

Thinkuknow has published guidance for parents and carers to support children who may be spending more time online at home while they do their school work and socialise with friends.

Suggestions to help parents keep children safe online include: chatting to find out how they use online technology and what it means to them; reminding children to report anything worrying, and how they can do this; and setting up or reviewing parental controls.

Further information can be found at

<https://www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home>







# Support and guidance

## Local services

There are a number of initiatives designed to help and support families practically at this difficult time. We are aware that our students come from a wide geographical area, and would like to make all parents aware of the following sources of support which may be of interest to you or relatives you may be responsible for.

**Slough Borough Council** has joined forces with **Slough Council for Voluntary Service**, SCVS, to coordinate an army of volunteers to help people in the borough. There is a new call centre to ensure all Slough residents can get the support they need during this difficult time. Community, voluntary, faith, charities, the council as well as other public sector partners will be operating as one.

The collaboration will be supporting organisations such as food banks to ensure they have sufficient volunteers and supplies, to ensure transport is in place to get supplies, including food and medicines, to most vulnerable and providing a single point for the Slough community to ask questions and get answers.

The number to contact is **01753 944198** and will be staffed on Monday to Friday from 9.00 – 16.00 and at the weekend from 10.00 – 15.00. Alternatively, residents can still register on-line at [www.sloughcvsvs.org/covid19](http://www.sloughcvsvs.org/covid19)

**Slough Borough Council's Family Information Service** can be found online at

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/directory.page?directorychannel=1>

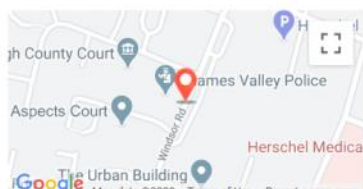
**Register for Food Bank vouchers**, then collect from the below: <https://slough.foodbank.org.uk/get-help/foodbank-vouchers/>

### Slough (SBC) Distribution Centre

01753 523058

OPENING TIMES	ADDRESS
Mon 12:00 - 14:00	Slough Baptist Church
Tue Closed	Windsor Road
Wed Closed	Slough
Thu 11:00 - 14:00	Berks
Fri Closed	SL1 2EJ
Sat Closed	
Sun Closed	

Directions via Google Maps



### Langley Distribution Centre

01753 550303

OPENING TIMES	ADDRESS
Mon Closed	Langley Community
Tue 10:30 - 12:30	Association Hall
Wed Closed	27 Harrow Road
Thu Closed	Langley
Fri Closed	Slough
Sat Closed	Berks
Sun Closed	SL3 8SH

Directions via Google Maps

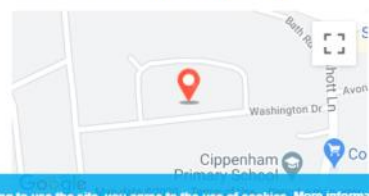


### Cippenham Distribution Centre

01753 550303

OPENING TIMES	ADDRESS
Mon Closed	St Andrew's Church
Tue Closed	Washington Drive
Wed 11:00 - 14:00	Cippenham
Thu Closed	Slough
Fri Closed	Berks
Sat Closed	SL1 5RE
Sun Closed	

Directions via Google Maps





# Support and guidance

**You can register as a vulnerable person**, if you have received an NHS letter. This will give access to additional support, although it may take time for that support to arrive. To register, go to <https://www.gov.uk/coronavirus-extremely-vulnerable>

If you live in Hillingdon, the H4All charity <https://www.h4all.org.uk> will deliver food to the house, as well as call people who are isolated, walk pets etc. They cover Hillingdon Borough, in partnership with the local council.

They can be contacted on 020 3949 5786 or by email at [coronasupport@H4all.org.uk](mailto:coronasupport@H4all.org.uk)



## DO YOU LIVE IN COWLEY, YIEWSLEY, WEST DRAYTON OR HEATHROW VILLAGES?

Food can be collected from:

St Matthews Church, High Street, Yiewsley UB7 7QH (07462 097357)

Mondays 14:00 - 16:00 and Fridays 12:00 - 14:00

Bell Farm Christian Centre, South Road, West Drayton, UB7 9LW

(01895 444406) on Tuesdays 10:00 - 13:00 and Thursdays 10:00 -

13:00 and 14:00 - 16:30



Working in partnership with:



# hello!

... we are here to help

If you are self-isolating due to COVID-19 we can help you by:



Picking up your shopping



Providing someone to chat to on the phone



Posting your mail



Arranging prescription delivery



Walking your dog



Collecting essential medical equipment

This is a free service in partnership with the council.

Please be wary of notes through the door from other sources unless they are known to you

Just call or email and we will do our best to help you

Call: 020 3949 5786 Email: [coronasupport@H4All.org.uk](mailto:coronasupport@H4All.org.uk)



Find your local **MutualAid** group through <https://covidmutualaid.org/local-groups/>. These are community volunteer groups set up specifically for neighbours to help each other - they are not a recognised charity. There isn't a central way to work with their volunteers - the methods will vary from group to group.

Examples include

Hillingdon	<a href="https://www.facebook.com/groups/237016344101570/">https://www.facebook.com/groups/237016344101570/</a>
West Drayton	<a href="https://www.facebook.com/groups/215368539521395/">https://www.facebook.com/groups/215368539521395/</a>
Langley	<a href="https://chat.whatsapp.com/BDZwEzjO8l79hNAYXgSyjV">https://chat.whatsapp.com/BDZwEzjO8l79hNAYXgSyjV</a>
Slough	<a href="https://www.facebook.com/groups/233738524342476/">https://www.facebook.com/groups/233738524342476/</a>
M Maidenhead	<a href="https://www.facebook.com/groups/651960145604771">https://www.facebook.com/groups/651960145604771</a>



# Some snapshots...

## What sort of things have students been doing this week?

In this first phase of the school closure, running up to the Easter break, teachers have been working from home, setting and monitoring meaningful learning activities to deliver (as far as possible) the planned curriculum content in their subjects for students in Years 7, 8, 9, 10 and 12.

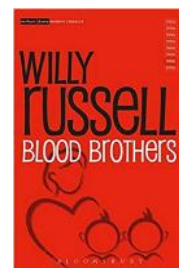
Here are some further snapshots from some of our teachers which give a flavour of some of the things students have been doing....

### From the Drama team...

Our Drama students have been engaging in a variety of activities across the year groups over the last two weeks. With the current online streaming of theatre productions our students have been enjoying watching the Broadway musical production of 'The Wind in the Willows'. Our Year 9 students have been engaging in initial exploration of the set text 'Blood Brothers' in preparation for GCSE study.

Students are currently getting lots of opportunity to develop their analytical and evaluative written skills in Drama and as we move through the next few weeks we are hoping to provide forums for students to develop and showcase their practical skills and talents!

We have launched the **#RelayShakespeare** challenge on our Drama Instagram/Twitter in association with the Shakespeare Schools Festival and are looking forward to hearing lots of creative ideas from our students. Also look out for our 'Throwback Thursday' clips on our Instagram **@lgsdrama\_department**



### From the Design Technology team....

Year 7 and 8 students Food & Nutrition have been learning about protein and carbohydrate in the diet, producing posters to illustrate their findings.

### Protein in Our Food

Many of the foods we all like to eat contain protein. We are all supposed to eat some protein everyday.

The Dietary Reference Intake is 0.8 grams of protein per kilogram of body weight. This amount to be given per day for the average man and slightly less for the average woman.



Meat (lean and poultry) is a great source of protein but many people are vegetarians so they cannot eat this. Other foods including protein are eggs, seafood like fish, prawns, crustaceans like crabs, mussels and oysters, walnuts, hazelnuts and sesame seeds and beans. Dairy products also contain protein like hard cheese like cheddar that adds protein is not extracted.



An example of a high protein dish would be Beef Chilli. Beef is topped with sauce, oil and chili sauce, there is a million uses (like) as the main food and it is topped with sauce oil which is a type of fat. Another example would be Garlic Shrimp with Quinoa. This is a high protein food as there is a source of fish and quinoa is a type of seed/grain high in protein.



When making these dishes, some health and safety tips would be cutting up the meat with a separate knife and chopping board as you can cross contaminate your food if you also cut the vegetables with the same knife and board, another tip is to dry up beef and wash your hands so your food is clean.

By Tasmin Miahmed - 7993/TV

### Carbohydrates

The two main functions of carbohydrates in the body are to provide energy for all cells and spare the use of proteins from the muscles and organs. ... Carbs help maintain blood glucose during exercise and restore muscle glycogen during rest and recovery from exercise.



Starchy foods are a good source of energy and are the main source of a range of nutrients in our diet. As well as starch, they contain fibre, calcium, iron and B vitamins. Although many starchy foods are fattening, they contain fewer than half the calories of fat.

Some disadvantages of eating foods high in sugar are that sugar increases the risk of obesity, diabetes and heart disease. It causes tooth decay and it causes glucose levels to spike and plummet. Although sugar has some disadvantages, there are still advantages that providing you with an immediate burst of energy, can improve thinking skills and can provide a mood boost.



When sugar is added to foods it binds to the water in the foods reducing the amount of water that is available for the growth of microorganisms. Like salt water also has an osmotic effect i.e. when foods are placed in a concentrated sugar solution water is drawn out of the cells of foods and microorganisms so that microorganisms can no longer survive. To preserve jams and marmalades, fruits are usually boiled to reduce the water content of fruit and to reduce contaminating microorganisms. Sugar is then added to the fruit to prevent the growth of bacteria. Sugar is also used with salt to preserve certain foods especially fish and meat. Sugar may either be added to salt to create a dry mixture which covers food or may be dissolved in a liquid to make a brine to surround the food. Adding sugar to a salty brine helps to confer a sweetness to meat and fish and helps to reduce the harsh flavour of salt.

### Protein: What should we do with it?





Here are some examples of high-protein foods and dishes:

- Eggs
- Nuts (almonds, pistachios)
- Red and white meats
- Oats
- Milk and yogurt
- Beef meatballs and noodles with vegetables
- Cod fish with baked vegetables and potatoes
- Scrambled Eggs and other sides (beans, vegetables etc.)



When cutting and using red meat, you use a red board and make sure to keep in the fridge when storing the cooked red meat. When poultry meats are cooked, make sure to also use the red board, when raw. When storing cooked poultry, keep in the fridge and reheat safely. Meat alternatives can be prepared according to the type of substitute.



When red meat is cooked, it should (according to the way it is cooked: rare, medium etc., well done) start to form a lighter colour on the outside. When poultry meats are cooked, they turn lighter than the pink original colour, and therefore turn fully white by the time it is fully cooked. Depending on the type of meat substitute and how would be various ways that could be shown when cooked.

### From the Psychology/Sociology team....

Mrs Kalsi's Year 12 Sociology Class produced some excellent Powerpoint presentations on a very challenging topic. Each student had spent a significant amount of time going through the notes and understanding the content – they all deserve a round of applause!





# Some snapshots...

## ***From the English department....***

Year 10 English students in Mr Gardner's class have been write a description of setting, taking the beginning of Oscar Wilde's *The Picture of Dorian Gray* as inspiration. Here is a particularly compelling example from Yonna Khatri:

*The room itself was unremarkable, albeit slightly unkempt. A thin layer of grime embraced every surface, though the only pieces of furniture were tired, decrepit chairs. A solitary window on the far wall revealed the sombre obscurity of night; metallic beams of moonlight piercing the blanket of ebony. Outside, unkempt vines crept up walls like snakes – conspiring under the cover of darkness. Roses contorted and writhed, veiling their scarlet petals and replacing them with blade-like, jagged thorns. Long gone was the allure of day; instead of butterflies, moths whispered, yearning for the luminosity of the light. Even birds couldn't whistle their merry tunes in the false security of the night. The distant sound of splintering twigs sent creatures scattering. Something was out for blood. Eerie silence – then – a howl sliced through the air.*

## ***From the Art department....***

For Year 9 students, their task this week was to draw animal eyes. Here is a selection of the work which has been submitted.



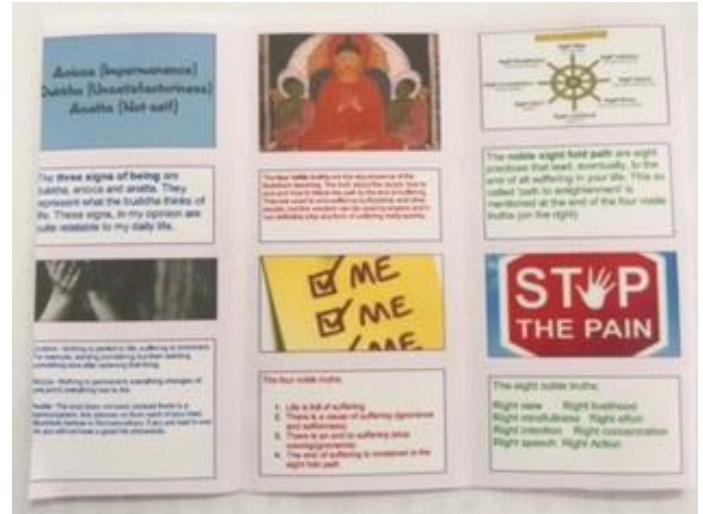
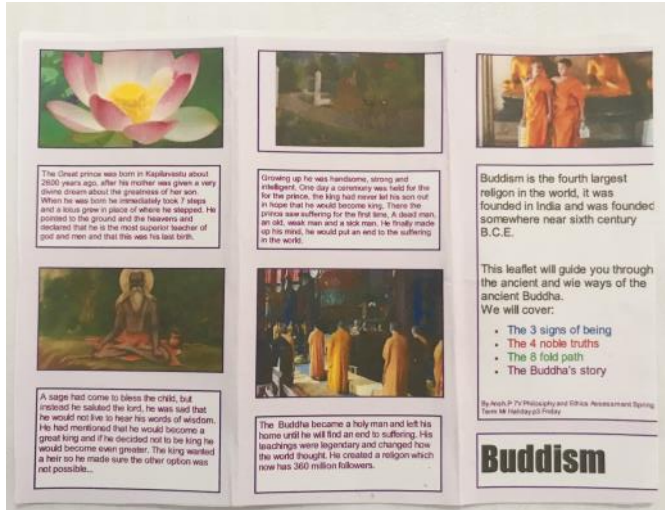




# Some snapshots...

## From the Philosophy & Ethics department....

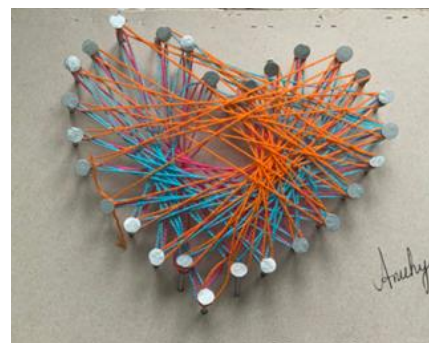
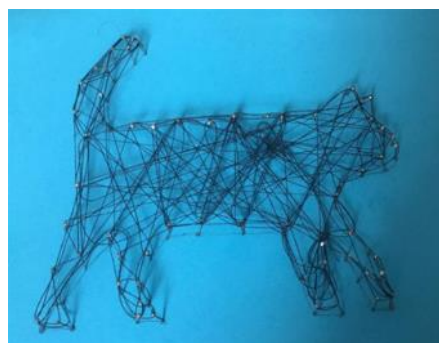
Year 7 students have been researching Buddhism. Here is a great example of their work - part of a booklet created by Ansh Patange.....



## Some more from Design Technology....

Year 8 students have undertaken String art projects - a cross curricular piece of work linking Maths, Art and DT. Students used resources available from home to design and make a string art picture. They used nails, pins, screws, wool, string, card and anything else they could find.

Some great examples are shown below, from Camran Gangarh, Jasmin Dhanjal, Imtithal Ali, Lilly Filtness, Harjashan Gill and Anuhya Bondili.





# Advice to students

## Langley Grammar School Our guide to Distance Learning



### Stay healthy -

- Follow the NHS advice on staying healthy. Wash your hands regularly with soap and hot water.
- Get some fresh air and exercise.



### Get into a routine for each day -

Get up, eat, focus, work, exercise, relax. Aim for 5 hours of 'lesson time' and '1-2 hours' of homework, as you would if you were in school. However, your family might need you to be flexible.



**Find your work** on ClassCharts - Additional instructions might be on email, or on OneNote or Teams depending on how your teachers is setting work. Draw up a plan for the day, perhaps shaped by your timetable taking note of the deadlines your teacher may have given you.



**Take screen breaks** - Even if lots of the work is digital, you can still use pen/paper and take photos of your work. Try and be physically active at least once an hour. Remember that in school you get up and walk around at the end of every lesson!



**Submit any assignments or assessed work on time** - Mostly this will be done electronically; you should follow the guidance of your subject teachers. Teachers will use ClassCharts to record that work has been completed and will inform your parents if you are not doing so.



**Plan carefully** - Look at the deadlines you are given. You might need to complete some tasks really quickly. Others might take longer. Work out how best to use your time each day. Contact your subject teacher or form tutor by email if you are finding this hard – they can help you.



### Manage your expectations of teachers -

- Teachers are going to be busy – they may be dealing with four or five classes each day. They may have family commitments as well.
- Use email to contact your teachers or form tutor, but expect up to 24 hours for a reply. Teachers will not be expected to read or send emails outside their normal school hours. Some teachers might use Teams, but talking to you through Skype and Chat are not appropriate.



### Remember your manners -

Be polite and write emails properly! Think of emails as more like short letters and use the same format – 'Dear X.....Best wishes/Thank you'.



**Be respectful in your communication** - Treat each other well through various social media platforms or Teams. The school will still follow up on any unpleasant behaviour or bullying online.



### Take time to reflect -

At the end of each day, maybe write something down / vlog. What have you learned both positively and negatively.





# Advice to students

## Langley Grammar School Safeguarding Reminders



### Stay healthy -

- Follow the NHS advice on staying healthy. Wash your hands regularly with soap and hot water.
- Get some fresh air and exercise.



### Keep your personal information private –

- Don't share phone numbers or email addresses. Check: are your privacy settings set to private?



### Only talk to real life friends –

- Remember that people you interact with online might not be who they say they are.



### Clean digital footprint –

- Be polite – if you have nothing kind to say, then don't say anything. Avoid using inappropriate language or being abusive in any posts or chat groups.



### Be aware of the risks of online gaming –

- Being groomed, viewing offensive content, or being tricked into purchasing additional in-app features.



### Watch out for live-streaming apps (e.g. TikTok) –

- The risks include (1) regretful 'in the moment' decisions like sending inappropriate images (2) viewing offensive / violent content (3) 'groomers' using the platform to exploit youngsters.



### Be download savvy –

- Don't click on unknown programs or weblinks, to avoid viruses.



### Stay connected –

- Use technology like mobile phones, social media, group chats and video chats – in a sensible and safe way. Listen to chatty radio stations or podcasts if your home feels too quiet at any point



**Plan your day** – Try to follow your usual routines, e.g. times to get up / bed. Build a physical activity into your daily route, e.g. going up/down stairs, dancing to music, 'workout' apps, broadcasts, e.g. Joe Wicks on YouTube, 9am Daily



### Take time out and find ways to relax-

- Breathe in fresh air, e.g. stand by an open window/door, go for a short walk, find ways to relax (drawing / painting / mindfulness exercise / write / journalising / meditation. Ms Burns will periodically send out mindfulness exercises with further tips/advice for wellbeing.



### Eat healthily and keep Hydrated

If you feel stressed or anxious, let people know you are struggling – parents / form tutors / phase leaders / safeguarding team.