

Alderbrook School

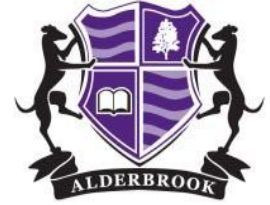
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Dear Parents and Carers

As we continue with remote education, we are acutely aware of the impact of increased screen-time on our students. We have been hugely impressed with the engagement of our students with remote learning, but are also aware that up to five hours of screen-time a day can be a real challenge. It also requires students to be in one place throughout the day, losing the benefit of moving around the school site between lessons and social interactions with friends.

Thank you to those of you who found time to respond to our questionnaire. This has been very useful in helping us to understand how remote learning is progressing from your point of view. We will use this to reflect on our provision and will provide a more detailed response to this in due course.

One question we asked was how you felt about your child's screen-time. Most of the responses indicated that this was a concern, and acknowledged also that it is an unfortunate outcome of the situation we all find ourselves in. In order to support students we have been looking at ways to decrease screen-time. Moving forward, we are asking teachers to set some work, where possible, which does not require students to use a screen throughout the lesson. We would strongly encourage students to get some fresh air at break and lunch time, even if it means using their opportunity for daily exercise to walk around the block – every little helps!

We are also proposing that on February 3rd we will have a 'Wellbeing Wednesday'. On this day, students in Years 7-11 will not have any live lessons. We will publish some activities in the morning that students can do during the day, but we want to encourage students to minimise screen-time on the day. This may be an opportunity for students to catch up on work that they may not have completed, and there are a wealth of learning materials that can be printed off from our website, and for Year 11 a chance to do some valuable revision. On 3rd February, we are also taking part in the inaugural Inside Out Day, a mental health and wellbeing festival for primary and secondary schools. This will be an opportunity for students to consider their own mental health, and actively focus on their own wellbeing. There will be one webinar for Key Stage 3 students and one for Key Stage 4 and 5 students during the day led by the Inside Out team (unfortunately the only way to run these is on a screen in the current circumstances!) and we will publish other wellbeing resources that students can use during the day and subsequently.

Sixth Form students will have live lessons on the morning of February 3rd as usual. Our Sixth Form students, by the nature of their study programmes, have less online lessons during the week, and have an enrichment programme on Wednesday afternoons. The current virtual enrichment programme for Sixth Form is focussed on their wellbeing and mental health; we hope they continue to enjoy and engage in the suggested activities on offer.

We will still be open for Critical Worker and Vulnerable provision on 3rd February, and will arrange a range of activities with these students so they can also have some screen-free time.

We hope you will feel that this is a worthwhile initiative to support our students. We will publish more information about the day nearer the time.

Best wishes

A handwritten signature in black ink, appearing to read 'Tom Beveridge', with a stylized flourish underneath.

Tom Beveridge
Headteacher