



Ark All Saints Academy

26th March 2020

Dear Parents and Scholars

It has been a week since we had to close our academy and we really miss all our scholars.

Year 11 update– we will write to you next week with some guidance but for now keep working and preparing for the next part of your education. We can see how many of you are accessing SMHW – we are incredibly proud of you all!

Years 10 - 7 update

It is so good to see all our scholars engaging with our online learning tool ‘Show My Homework (SMHW)’. Our teachers continue to work hard to provide the best education possible for your child in these challenging circumstances.

Most scholars have logged on every day and are working hard. We are concerned that a minority appear to log on during the middle of the night. We will make contact with you if we think this is becoming a regular routine but just wanted you to be aware and to be able to check.

Routines

As we all adjust to a new way of working, we are aware that routines at home are hard to establish. With a whole range of distractions and demands on limited technology it is hard for children to focus on the task in hand.

We are urging all parents to support their child by adopting some routines. Below is the academy daily timetable which you can use as an example. We understand that it may not be possible for your family to follow it, but it is what your child is used to and could be a good starting point to work from.

Note:

When it says ‘Periods’- Scholars work on SMHW and follow their normal timetable which is in their passport.

Example of Daily Timetable

Times	Activity
8:30 to 8:50am	Morning Meeting and Reading
8:50am to 9:45am	Period 1
9:45am to 10:40am	Period 2
10:40am to 11:35am	Period 3
11:35 am to 12:05pm	Lunch
12.05pm to 13:00pm	Period 4
13:00 to 13:25pm	Collective Worship/Shout Out (Friday)
13:25pm to 14:30pm	Period 5
14:30pm to 15:30pm	Period 6 (on a Wednesday Relentlessly Pursue Excellence)

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Other activities

- ✓ Read for at least 30 minutes
- ✓ 20 minutes of exercise (see the Self Isolation 15)
- ✓ Start a new hobby
- ✓ Play a board game or game of cards

You can adapt this timetable to create your own family rota or create a similar agreement with a timetable for the day.

You may want to include a plan to work around busy internet times and set expectations for completed work.

Having a sustainable routine may take some planning, but it will be worth it as the weeks progress.

In maintaining good routines, we protect our children for the future and this will support them when normality does return to our lives.

Sleep Routine- Bedtime and Wake-up

6 Tips to Help Your Child GET A GOOD NIGHT'S SLEEP!

- 1** Set a regular bedtime and wakeup schedule for your child, and stick to it.
- 2** Make your child's bedroom a quiet, dark, cool environment for sleeping.
- 3** Establish a relaxing bedtime routine. A warm bath before bed, singing or listening to soft music, warm milk or story time, all help a child relax and settle down.
- 4** Avoid giving your child sugary snacks or drinks at least six hours before bedtime.
- 5** Avoid scary stories or television shows and movies before bed. Even the evening news may be troubling to children before bed.
- 6** Make sure your child gets regular exercise. Avoid vigorous activities right before hand.

How to Wake Up in the Morning
by @inner_drive | www.innerdrive.co.uk

- 1 You Snooze You Lose**
Hitting the snooze button may leave you feeling more groggy and less refreshed.
- 2 Here Comes the Sun**
Open your curtains as getting natural light in your room will wake you up.
- 3 Talk the Talk**
Ask yourself good questions; what is it you want to achieve today?
- 4 Rise and Dine**
Eating a good breakfast will improve your mood, memory and concentration during the day.
- 5 On Your Bike**
Any early morning exercise will get your heart rate up, your blood flowing and improve your mood.

- ✚ Try to finish working at the same time each day and give yourself some downtime in the evening
- ✚ After dinner – brush your teeth and clean yourself to wash away the day!
- ✚ You could listen to a Headspace meditation video or some music to help you relax and make this part of your daily routine
- ✚ Try to avoid screens at least 30 minutes before bed but try reading or journaling.
- ✚ Make sure you try to have 7-9 hours per night.

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Please contact the academy if you need any support in establishing a suitable working routine for your child at home or for any other advice. We are putting useful info on the website as much as possible.

If you need us either contact your child's pastoral director or email us on info@arkallsaintsacademy.org

Look after each other.

Yours faithfully

Ms L Frame
Principal