

Archdiocese of Birmingham

# St Edmund Campion Catholic School

## Part of the St John Paul II Multi Academy



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Headteacher:

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Tuesday 24<sup>th</sup> March 2020

Dear Parent/Carer

Please see below guidance on the work pupils should be completing at home whilst we are off school. The majority of work is on the classcharts website.

### Work to be completed at home:

Year	Sources of online and paper-based work
Years 7 and 8	<ul style="list-style-type: none"><li>• Work set on ClassCharts</li><li>• Using the retrieval practice folder</li><li>• Making use of any paper-based resources handed out in the last week</li><li>• Creating revision resources for topics studies since September using your booklets</li></ul>
Year 9	<ul style="list-style-type: none"><li>• Work set on ClassCharts</li><li>• All set retrieval practice tasks (these all link to your textbooks)</li><li>• Making use of any paper-based resources handed out in the last week.</li><li>• Creating revision resources for topics studies since September</li></ul>
Year 10	<ul style="list-style-type: none"><li>• All set retrieval practice tasks (these all link to your textbooks)</li><li>• Work set on ClassCharts</li><li>• Making use of any paper-based resources handed out in the last week.</li><li>• Creating revision resources for topics studies since September</li><li>• Revision of all of your English Literature texts</li><li>• Using all of the Mr Bruff online resources and new daily lessons</li></ul>
Year 11	<ul style="list-style-type: none"><li>• Revision of GCSE work (there will be opportunities to retake exams, further details on this will be announced)</li><li>• Completion of the Bridging Work for all of the Level 3 subjects you would like to study at Post 16</li></ul>
Year 12	<ul style="list-style-type: none"><li>• Revision of all your Year 12 content</li></ul>
Year 13	<ul style="list-style-type: none"><li>• Revision of all your Year 12 and 13 content</li><li>• Try and complete a range of MOOCs on Future Learn for the subjects you are studying at University.</li></ul>

We will continue to update your son/daughter's classcharts work and will continue to send resources and information via ParentMail. We believe it is vital for us to stay well connected with our students and their families.

### Passwords for School Educational Sites

Should you require your password for any of Campion's educational sites such as MyMaths, Class Charts, Kerboodle, GCSEPod etc., please email [enquiry@stedcamp.bham.sch.uk](mailto:enquiry@stedcamp.bham.sch.uk) and your request will be forwarded on to the relevant colleague, who should be able to respond within 48 hours.

The table below provides a range of curriculum enhancement learning links. These are a range of resources that will continue to supplement your learning.

Online Resource	Details
	Use GCSE Pod to support all of your Key Stage 4 revision <a href="https://www.gcsepod.com/">https://www.gcsepod.com/</a>
	English teacher, Mr Bruff, is uploading daily lessons and a free worksheet. He also has hundreds of English GCSE Language and Literature resources. <a href="https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w">https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w</a>
	You can instantly stream an incredible collection of stories from audible. All stories are free to stream on your desktop, laptop, phone or tablet. <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>
	We have signed up to the Royal Academy of Arts. The Young Artists' Summer Show is a free, open submission exhibition for young people aged 5 - 19 years, taking place both online. The RA recognises talented young artists. You can upload your work. <a href="https://youngartists.royalacademy.org.uk/">https://youngartists.royalacademy.org.uk/</a>
	Arts and Culture google Here you can virtually visit 3436 landmarks from Downing Street to the Taj Maha, from country houses in England and Chateaus in France to aquariums in Brazil, the Sydney Opera, Churches in Portugal and Temples in Thailand and even street art in Baltimore. <a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a>
	Use Headspace to help support you through this time of crisis. They are offering meditations you can listen to anytime. The Headspace app — free for everyone — called Weathering the storm, includes meditations, sleep, and movement exercises to help you out, however you're feeling. <a href="https://www.headspace.com/covid-19">https://www.headspace.com/covid-19</a>
	Choose what excites you. Whether it's personal growth or shifting your perspective – there's a whole world of ideas waiting for you. Why not listen to a Ted Talk on a topic of your choice to support and extend your learning. Use the topics and themes from your lessons to guide you. <a href="https://www.ted.com/talks">https://www.ted.com/talks</a>
	Use BBC bitesize to support our Key Stage 3 and 4 curriculum <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
	<a href="http://www.mathsgenie.co.uk">www.mathsgenie.co.uk</a> has lots of maths questions and videos

We will also send out lots of resources via our twitter account @stedcamp so keep an eye out.

Below is a suggested way to structure your son or daughter’s day. We recognise that we now all find ourselves in very challenging times. To maintain motivation and wellbeing we advise that pupils should establish and maintain a good routine. The expectation is that pupils can work independently on a range of tasks at home.

Suggested Timings	Activity/learning suggestions
8.00am – 9.00am	Wake up, eat breakfast, make their bed and get their work tasks ready for the day ahead
9.00am – 9.30am	Watch Joe Wicks on YouTube and start the morning with an active work out
9.30am – 10.00am	Listen to music, an educational podcast of their choice or listen to part of an audiobook. Audible have free access to a wide range of stories
10.00am – 11.00am	Structured learning time: they should complete their set work on class charts, complete their retrieval practice, create revision flashcards, use GCSE Pod.
11.00am-12.00pm	Creative time: they could draw, create something, read a book/text book. Encourage them to try and turn their learning into images using dual coding (combining images and text helps the brain to remember).
12.00pm – 1.00pm	Lunch time remember to keep well hydrated
1.00pm – 2.30pm	Structured learning time: they should complete their set work on class charts, complete their retrieval practice, create revision flashcards, use GCSE Pod,
2.30pm-3.30pm	Encourage them to go outside or have some quiet-time. Talk together about something positive and anything that is worrying them.
3.30pm – 4.30pm	Free time
4.30pm – 5.00pm	Plan the work schedule for the next day
5.00pm- 6.00pm	Dinner
6.00pm onwards	Free time and bed (Listen to Headspace, if they are struggling to sleep)

## Wellbeing

During this time, we recognise the potential strain that will be put on your child and family life. Each week we will send out a range of well-being updates and contact numbers.

## Wellbeing matters

It is vital that our pupils look after their body and mind. Below are a range of ways to help support their physical and mental well-being:

- Start every day with a Joe Wicks workout. The whole nation is getting involved and it is a great way to start the day
- Plan to read at least four books and or listen an audiobook. Audible has made many of their books available for free <https://stories.audible.com/start-listen>.
- Consider a hobby you can take up at home. There are hundreds of YouTube tutorials on drawing, playing an instrument, gardening, upcycling and teaching yourself a new skill
- De-clutter your room and create a timetable to help your family with household chores. Supporting your family is also really important.

- Write a poem/song/or a collection of short stories that capture how they feel
- Write a letter to a family member
- Read the bible
- Stay connected by talking to your family and friends over the phone
- Where possible, go into your garden and get some fresh air (please remember your social distancing)

### **Contacts around child safety**

#### **Childline**

The Childline website has information and support for any young person worried about Coronavirus and being away from school. It also offers guidance how to look after yourself from a health perspective both physically and mentally and what things to do to ease any boredom.

<https://www.childline.org.uk/>

#### **Forward Thinking Birmingham**

The city's mental health partnership for 0 – 25-year olds.

Referrals can be made by anyone, it is an online step by step referral and you will need GP details in order to complete

<https://www.forwardthinkingbirmingham.org.uk/make-a-referral>

#### **Forward Thinking Birmingham PAUSE**

The city's mental health drop in and over the phone support service

<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

#### **Young Minds**

The UK's leading charity fighting for children and young people's mental health.

<https://youngminds.org.uk/>

Please feel free to contact us at school if you have any concerns or wish to discuss any safeguarding matters in more detail.

**Mrs Fleming** – [flemingj@stedcamp.bham.sch.uk](mailto:flemingj@stedcamp.bham.sch.uk)  
Designated Safeguarding Lead 0121 464 9549 07584494379

**Mr Roche** – [rochej@stedcamp.bham.sch.uk](mailto:rochej@stedcamp.bham.sch.uk)  
Designated Safeguarding Lead 0121 464 7700

**Miss McParland** – [mcparlandf@stedcamp.bham.sch.uk](mailto:mcparlandf@stedcamp.bham.sch.uk)  
Safeguarding and Pastoral Assistant 0121 464 7700

We continue to keep all our school community in our prayers and are looking forward to welcoming you back soon.

Yours sincerely



Mr A. Grant (Headteacher)