



Waddesdon C of E School | Coronavirus Newsletter 14 – 09/10/20



For our Year 6 Open Evening we recorded a Virtual Tour of the school. As well as giving prospective parents a flavour of our school community, it also provides you with a window into life in Waddesdon under the Covid restrictions.

The tour can be found at the bottom of our school [home page](#).

You'll see many features of daily life, including the work of students in their bubbles and the study spaces for the Sixth Form. The video also features a year group at their lunchtime sitting in the restaurant.

As well as some resources which will help you understand what to do in relation to different aspects of Covid-19, I have also included some information in this newsletter about how you can support your son or daughter's mental health through a newly launched *Teen Sleep Hub* and also the latest advice on how schools can educate young people on being explicitly anti-racist.

Despite the current circumstances, it is important that we continue to consider education in its broadest sense.

I hope that you and your family are well.

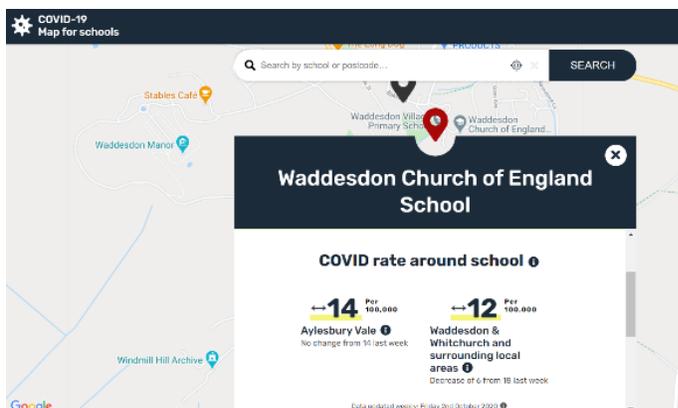
Mr Abbott



School Covid Map

In the face of national headlines and contrasting priorities depending on region, one of the challenges for schools is understanding the actual risk of infection to students, staff and their families in our specific context.

This [website](#) indicates the number of positive cases of Covid-19 in relation to Waddesdon and the surrounding area.



As you can see from the screen shot to the right, as of 9th October, the number of positive cases per 100,000 in Waddesdon, Whitchurch and the surrounding local areas was 12. This equates to 0.012% of the local population and is a drop of a third from the previous week.



NHS Covid-19 APP

Many of our older students have downloaded the NHS Covid-19 App so that they can be part of the national effort to manage the transmission of the virus.

According to the information that has been shared with school leaders, "the app has 6 key features that will help to reduce personal and public risk:

- Trace – alerts the individual if they were in close contact with a confirmed case
- Alert – provides the individual with the risk level associated with coronavirus (COVID-19) in their local area, based on the postcode district they enter
- Check in – allows the individual to check in to locations via the app and official NHS QR codes
- Symptoms – allows the individual to check symptoms against government guidance and to get advice
- Test – allows the individual to order a free test and to receive results and advice via the app
- Isolate – provides an isolation 'companion', which counts down how many days they have left to isolate and provides links to useful advice"

Further to this:

"If an individual with the app tests positive for coronavirus (COVID-19), the app will ask them to allow those that they have been in contact with to be alerted. If so, the app will then alert relevant individuals if they have been in close contact with a positive case. 'Close contact' is based on an algorithm, but generally means you've been within 2 metres of someone for 15 minutes or more. Individuals are not informed who the positive case is."

Addressing anti-racism and unconscious racial bias



Students and staff continue to discuss ways in which Waddesdon can become an explicitly anti-racist school and a core group of students are currently planning an assembly addressing issues around unconscious racial bias and micro-aggressions.

The Governing Body is also looking to co-opt a Governor to represent BAME issues and experiences. Unfortunately, due to the Governing Body framework, this cannot be an existing parent, but if you know of someone

who would be interested in this role, please contact me via my PA's email address:

amorgan@waddesdonschool.com.

The article below indicates why this should be a topic of discussion and education in all schools.

One-third of children in UK 'have heard racist comments at school'

Survey suggests children are most likely to have experienced racism by age of 13

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Almost a third of children have heard racist comments at school, according to research by an anti-bullying campaign that suggests they are most likely to have experienced racism by about the age of 13.

A poll of 1,000 six to 15-year-olds found that while, overall, about 32% children had heard someone be racist at school, this figure rose to more than half – 52% – among 13-year-olds.



The research aims to shed light on the true extent of racism and bullying in schools, and to raise awareness among both pupils and their parents. It was commissioned by The Diana Award, a youth charity named for the former Princess of Wales, and the Nationwide building society. The results were not disaggregated according to the ethnic background of respondents. However, the experience of one child quoted in the report lends credence to the suspicion that children with ethnic minority heritage are more likely to hear racism.

Rose Agnew, aged 14, from Warwick, said: “I’ve experienced a lot of racial attacks, whether it’s covertly or overtly. The more covert things being girls making fun of my hair or even some of the foods I would bring in at break.”

In spite of widespread experiences of racism in schools – and the poll finding that three quarters of parents said they believed racism was a problem online – many parents are still not speaking to their children about racism, the research showed. Although the Black Lives Matter protests in June recently brought racism to the fore, about four in 10 parents surveyed admitted they had not spoken to their children about racism recently.

The research, carried out by independent third-party research supplier Censuswide, polled 1,000 randomly selected six to 15-year-olds, and a further 1,000 randomly selected parents of six to 15-year-olds.

<https://www.theguardian.com/education/2020/sep/22/one-third-of-children-in-uk-have-heard-racist-comments-at-school>



Safeguarding guidance

This range of resources will help you keep your children safe online:

- [Thinkuknow](#) provides advice from the National Crime Agency (NCA) on staying safe online
 - [Parent info](#) is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations
 - [Childnet](#) offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support
 - [Internet matters](#) provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world
 - [London Grid for Learning](#) has support for parents and carers to keep their children safe online, including tips to keep primary aged children safe online
 - [Net-aware](#) has support for parents and carers from the NSPCC, including a guide to social networks, apps and games
 - [Let's Talk About It](#) has advice for parents and carers to keep children safe from online radicalisation
 - [UK Safer Internet Centre](#) has tips, advice, guides and other resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services
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CHARITY CAMPAIGN AWAKENS TEENS TO THE VALUE OF SLEEP



Award-winning voluntary organisation, The Sleep Charity, launched its brand-new online Teen Sleep Hub at the start of October (1st October).

At the heart of its campaign, 'Teen Sleep Matters', is the importance of sleep for young people's mental health.

Ahead of World Mental Health Day (10th October), the launch of the Teen Sleep Hub addresses the link between poor sleep and mental health as well as the triggers for sleep deprivation and the practical strategies that can be put into place. The online provision means young people can now access sleep support no matter where they are. It features sound knowledge and helpful advice to get a good quality night's sleep.

Vicki Dawson, CEO of The Sleep Charity, said: "We have been supported on this project by our amazing Youth Advisory Panel, made up of young people aged between 13 and 19, across the country. They have been an invaluable asset in guiding us with the kind of online tools they would find useful, where they currently look for advice and what the barriers are for getting a good night's sleep. "Teens don't always prioritise sleep. Instead they will often sacrifice their sleep to cram in revision, tackle schoolwork, watch YouTube or spend time chatting with friends on social media. The aim of this Teen Sleep Matters campaign is to ensure young people value the importance of sleep for their physical and mental wellbeing, empower them with knowledge around sleep to take the first steps towards making a positive change."

Mark Rowland, Chief Executive of the Mental Health Foundation, said: "We know that good sleep is a fundamental building block for young people's mental and physical health. But our research has shown that many young people are struggling with their sleep and that it is having a negative effect on their mental health. We know that significant numbers of teenagers are not getting the sleep they need in a typical week and are too tired to do schoolwork or study or concentrate in class."

"COVID-19 has seen an increase in sleep issues. However, we know that teen sleep is an issue full stop with many not getting the amount they need to function and perform at their best. This is down to several factors including biological changes, school, relationships and technology. We hope our new Teen Sleep Hub will educate young people about the importance of a good night's sleep."

To find out more please visit www.teensleephub.org.uk



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