

19 March 2020

Dear Parent/Carer,

As you may be aware, the government have announced that all schools will close on Friday 20 March for most students for the foreseeable future however school will still be open to vulnerable children and the children of key workers.

The cancellation of GCSE exams in May and June has also been announced however students will still be credited for their learning in some other way. At this stage, however we do not know what form this will take. In the meantime, we have prepared packs of work for our year 11 students to take away and use. Due to issues with staffing, as we have a number of staff who are now self-isolating, our year 11 students will be asked to work at home tomorrow.

Packs of work have also been prepared for students in all of our other year groups as we are aware that not all students will have internet access to complete tasks online. If students do have internet access then a range of resources is also available through our VLE. Your son/daughter should know how to access this however if there are any issues with regard to this, please contact support@jarrowschool.com. In addition to this, students can also access Hegarty Maths for online tasks and Seneca for a range of other subjects. If there are any issues accessing Hegarty Maths, please contact Mr Farthing (email address is given below). With regard to issues with Seneca, please contact Mr Rochford (email address is given below).

If there are any queries with regard to work for a specific subject area, please use the following information to contact the relevant member of staff:

Maths – Mr Farthing: ffarthing@jarrowschool.com
English – Miss Ellison: aellison@jarrowschool.com
Science – Mr Rochford: lrochford@jarrowschool.com
History – Mr Head: chead@jarrowschool.com
Geography – Miss McIntosh: tmcintosh@jarrowschool.com
French/Spanish – Miss Biais: sbiais@jarrowschool.com
Design Technology – Mr Bell: abell@jarrowschool.com
Art – Mrs Leonard: fleonard@jarrowschool.com
Music – Mrs Giles: lgiles@jarrowschool.com
PE/Sports Science/Health & Fitness – Mr Marley: smarley@jarrowschool.com
Computing/Computer Science – Miss Short: tshort@jarrowschool.com
Business/Enterprise/IT/Creative iMedia – Mr Ord: sord@jarrowschool.com
Performing Arts – Miss Hedley: rhedley@jarrowschool.com
Graphics/Engineering – Mr Bell: abell@jarrowschool.com
Food – Mrs Nicholson: rnicholson@jarrowschool.com
Health & Social Care: cknight@jarrowschool.com
Child Development: rrobertson@jarrowschool.com

Further information on additional work will be provided towards the end of April.

Some useful safeguarding information is also attached to this letter.

If your son/daughter will be coming into school next week, they should come in as normal for 8.40am. Breakfast club will still also be provided for those students coming into school from 8am. The day will end as normal at 2.35pm however there will be no extra-curricular clubs available.

As school will be open, I would also like to make you aware that lunch will continue to be provided for all of our students entitled to free school meals. Lunch will be available from 12.05pm – 12.35pm every school day. Students who are coming in solely for lunch do not need to wear their school uniform and should come into school via the main reception as the student entrance gates will be locked.

Thank you for your continued support and please do not hesitate to contact me if you have any further queries or concerns.

Yours sincerely,



Miss J. Gillies
Head Teacher

Useful Contacts

Safeguarding Support

Student Safeguarding Support Manager:

kclark@jarrowschool.com

Telephone: 07393711066

Social Care Advice and Support

Early Help Outreach Advice: 0191 4246210

Children's Services (ISIT) 9am—5pm: 0191 4245010

Children's Services (Out of Hours) 5pm onwards: 0191 4562093

Police (non emergency): 101 or 01661 872555 (emergency) 999

Pastoral Support

Head of Year 7—Mrs Elgood

aelgood@jarrowschool.com

Head of Year 8—Mrs Kameli

lkameli@jarrowschool.com

Head of Year 9—Mrs Lawson **dlaw-**

son@jarrowschool.com

Head of Year 10—Mr Clementson **iclemen-**

tson@jarrowschool.com

Head of Year 11—Miss Coutts

Young Carer's Support

Mrs Milburn **emilburn@jarrowschool.com**

Mrs Walker **kwalker@jarrowschool.com**

South Tyneside Young Carers

<https://www.southtynesideyoungcarers.org/>

0191 4272795

Email: levi@styoungcarers.org.uk

Mental Health Support

Kooth—free, safe and anonymous online support for young people aged 10-25)(Mon-Fri 12pm-10pm, Sat and Sun 6pm-10pm)

<https://www.kooth.com/>

Lifecycle—free mental and emotional health support via telephone and face-to-face appointments.

0191 2832937

CYPS—free mental health support for young people who are experiencing serious mental illness or symptoms of ill mental health:

0191 5665500

ICTS (Crisis) Team—free emergency support for young people who present an immediate risk to themselves or others

0191 5665500—then ask for the ICTS Team

Food Banks

Hebburn Helps, Campbell Park Road, Hebburn: 0191 4899707

New Hope Church, South Shields: 0191 4245462

Hospitality and Hope, South Shields: 0191 4203336



Coronavirus self-isolation: How to look after your mental health and well-being

Guidance from the BACP

Keep in contact with people in other ways

Human contact and connection is really important. We can keep in contact with people by Facetime, Whatsapp, Skype, and those conversations and interactions can really help at this time

Reframe

If you can reframe your thoughts into being positive, that can help. If it's possible try to think of this time as an opportunity to get something done. It might be reading a book, doing chores, drawing, catching up on something. Try to get into a positive mind frame. Remember this is for a set time period, and not forever.

Try to keep a sense of normality

If you're not sick, and you're able to do school from home, that can be really helpful. Try to keep a sense of normality as far as possible. Create yourself a timetable, setting out times where you will complete work. Make sure you get up at a decent time, get dressed and keep some routine.

Self-care

It's important to practise self-care if you're self-isolating.

If you're stuck by yourself, even if you're confined to one room of your house, you may still be able to do some meditation, yoga or even some basic physical activity while watching an exercise video. Limit the time you spend reading the news or accessing social media.

Also remember to wash your hands regularly for 20 seconds each time.

