



Dear Parents and Carers,

January 2021

As we continue into our **fourth** week of home learning, it's important to take stock of what your child has achieved. Everyone involved deserves a massive 'well done' for all your efforts – students, parents, and staff. I would like to share with you an event that is happening next week and to ask for your support.

### Screen Free Day – **Wednesday 3<sup>rd</sup> February 2021**

Our parental and student feedback regarding home learning has been incredibly positive, even in these challenging times. One of the biggest areas of feedback that I have received concerns is the high level of screen time your child has had over the last four weeks. In addition, research suggests that reducing screen time can improve sleep, memory and mood. In the light of this, and to tie in with Children's Mental Health week,

(<https://www.childrensmentalhealthweek.org.uk/>), we have planned a '**Screen Free Day**' on **Wednesday 3<sup>rd</sup> February**.

We would like to give students, parents, and teachers the opportunity to get away from laptop and computer screens and do something different. We are suggesting different activities that are not specifically linked to any subject but will develop the key Hazeley skills of character, confidence and creativity.

Students will attend tutor time, live on Microsoft Teams at 8.45am on Wednesday 3<sup>rd</sup> February, as normal. Tutors will discuss plans for the rest of their day. Please feel free to discuss the activities below with your child. You may choose to attempt all or some of them from any year group or come up with alternatives that work better for your own household. Either way, we would encourage a break from computer/ laptop screens after tutor time, for the duration of the school day – 9.00am to 3:15pm.

Year 7 and Year 8	<p style="text-align: center;"><b><u>Preparing for Adulthood</u></b></p> <ul style="list-style-type: none"> <li>• Interview a family member about their job or career.</li> <li>• Plan and cook lunch for members of your household – and clear up afterwards!</li> <li>• Learn how to wash clothes, change sheets, look after a plant and pay a bill.</li> <li>• Create a training plan for your favourite sport or activity.</li> </ul> <p style="text-align: center;"><b><u>Connecting with my Surroundings</u></b></p> <ul style="list-style-type: none"> <li>• Look out of your window. Draw or write a story, poem, or song about what you can see.</li> <li>• Go for a walk and make a note of anything you see that is potentially harmful to the environment or is designed to be environmentally friendly.</li> <li>• Listen to your favourite music whilst tidying your room or re-organising a cupboard.</li> <li>• Make a collage using newspapers, scrap paper, old magazines about your hopes and dreams for 2021 and how you could contribute to things in your local community.</li> <li>• Research (in advance of Thursday!!) the RSPB Big Garden Birdwatch and contribute to that national event during the day – in your garden or local park.</li> <li>• Choose a comfortable spot and read. You could also listen to an <a href="#">audiobook or podcast</a>.</li> </ul>
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Year 9 and 10	<p style="text-align: center;"><b><u>Knowing Myself and Knowing My Future</u></b></p> <ul style="list-style-type: none"> <li>• Make a plan to achieve your dream career - this could be a timeline, poster or mind map.</li> <li>• Interview family members about their career path - what were their biggest challenges? What skills did they need? What was their biggest successes?</li> <li>• Consider which three of your subjects are essential to your dream career. Create a range of revision resources to support your study.</li> <li>• Go for a walk, list all of the businesses and companies in the local area – what do you notice?</li> <li>• Create a TED Talk about what your life will be like in 2050.</li> <li>• Goal setting – create a list of goals you would like to achieve by Easter, by the end of this school year and by the end of Year 11.</li> <li>• Write a Curriculum Vitae showing your hobbies, interests, skills and qualities.</li> <li>• Practice job interview questions with a family member or sibling.</li> <li>• Create a family tree showing locations, careers and key information.</li> <li>• Create your own family coat of arms showing your values and beliefs.</li> <li>• Make a list of everything you have achieved over the last year - what skills and knowledge will help you in the future?</li> </ul>
Year 11, 12 and 13	<p style="text-align: center;"><b><u>Alternative Revision</u></b></p> <p>Make a list of tricky topics from each subject that you would like to revise. Try to be disciplined in not using the internet for revision. The best students revise in a variety of ways. Using your list, create:</p> <ul style="list-style-type: none"> <li>• A piece of art showing key pieces of information.</li> <li>• A revision rap or song- cringy but try it!</li> <li>• A set of Cornell Notes.</li> <li>• A set of note cards.</li> <li>• A visual mind map.</li> <li>• A revision walk-through your home- stick post-it notes in the most common places you go.</li> <li>• A quiz for your classmates.</li> <li>• Magenta notes where you are expanding and reducing you class notes. Recall.</li> </ul> <p>In addition, try:</p> <ul style="list-style-type: none"> <li>• Teaching a tricky topic to a family member or sibling.</li> <li>• Matching key ideas to dance moves or gestures to help you remember.</li> <li>• Taking your revision outside, get some fresh air and recite information.</li> </ul>

Normal lessons and form time will resume on Thursday 4th February 2021. During form time on Thursday and Friday, students will be recording their screen free day activities on their Teams Class Notebook and discussing this with their tutor the following week. Students will receive Superb Distance Learning Points for the Screen Free Day activities.

Your support for this event will be really appreciated. This alternative workday can be of benefit for everyone at home, lifting a little stress and giving everyone the chance to learn in a variety of ways. Teachers will be working on preparing for the next phase of home learning.



**Small School:** Please note, the small school for keyworker and vulnerable children will still go ahead on-site as normal on that day. All activities will be away from screens and computers.

Finally, as always, please do not hesitate to get in touch should you have any questions. We are here to support you, even from a distance.

Kind regards

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