



LEARNING AT HOME



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New Tricks

I was excited to be invited to an online webinar this week where the most eminent leaders in education across the country spoke about how schools are operating digitally. I sat excitedly with my pen and my notebook ready to write down a list of all of the exciting innovations and initiatives that other schools are using that I could learn. After an hour, my page remained blank!

It was then it dawned on me how tenacious our community has been over the last six weeks. Students and staff have been willing to try new ways of working and learning; they have been thirsty to innovate and have taken calculated risks for the benefit of the whole community. This situation has forced us to adapt our way of living showing us all that **we can all grow through learn something new.**



Parent Workshops - A Reminder



Our first online parent workshop will take place on **Thursday 14th May at 5.30pm via Microsoft Teams**. We will be talking about home routines that support the whole family.

If you would like to join in please email Miss Whiteman at twhiteman@thehazeleyacademy.com. You will receive a confirmation email and then a Microsoft Teams invite on the day to sign in.

Focus on... Politics

By Mr Bonnett, Subject Leader for Government and Politics, Philosophy and Ethics

Something to Read:

Want to keep up to date with what's happening around the world, but find the language tricky? Check out [simplepolitics](#) – this has a range of excellent stories, articles, information pieces and videos!

Something to Watch:

The best things to watch for politics are:

- BBC news
- New Parliament education [videos](#) and clips
- An excellent series on [Margaret Thatcher](#) – one of the most famous Prime Ministers

Something to Do:

Join one of the Parliament's new '[learning programs](#)' designed to make you an expert in a part in UK Politics.

You can even to be an MP for a week – Parliament have a great [game](#) for this!



StarLine is a national home learning helpline offering expert information and advice to parents and carers. The service includes support with:

 <p>EXPERT ADVISERS Be listened to by qualified teachers and national education experts.</p>	 <p>HOME LEARNING STRATEGIES Explore approaches to enhance your child's home learning.</p>	 <p>INFORMATION & RESOURCES Get information about resources to support home learning.</p>
 <p>BEHAVIOUR & WELLBEING Learn strategies to manage behaviour and support wellbeing.</p>	 <p>CURRICULUM Work through curriculum queries with subject specialists.</p>	 <p>SPECIAL EDUCATIONAL NEEDS Discuss ways to support children with special or additional needs.</p>

Developing Resilience in Challenging Times

As adults, resilience has helped us to cope in challenging times in life. Resilience involves behaviours, thoughts and actions that can be learned over time. Following are tips to building resilience in our young people.

1. **Make connections** - Model the skills of empathy or understanding another's pain. Discuss what it means to be a good friend, family member and citizen. Connecting with people provides social support and strengthens resilience. Social connection is the key to making it through life's disappointments and challenges.
2. **Help your child by having them help others** - Children who may feel helpless can be empowered by helping others. Engage your child in age-appropriate volunteer work, or ask for help yourself chores and household jobs. Discuss how you support others in your life.
3. **Maintain a daily routine** - Sticking to a routine can be comforting to children, who crave structure in their lives. Encourage your child to develop their own routines. Your child's tutor can support with this.
4. **Take a break** - During this time, we need to be aware of what your child is exposed to that can be troubling, whether it be news, online information or overheard conversations, and support them to take a break. Build in unstructured time during the day for some down time.
5. **Teach Self-care** - Discuss the importance of making time to eat properly, exercise and rest. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.
6. **Move toward your goals** - Teach your child to set reasonable goals and then to move toward them one step at a time. Moving toward that goal and receiving praise for doing so will focus your child on what he or she has accomplished.
7. **Nurture a positive self-view** - Help your child remember ways that he or she has successfully handled hardships in the past and past challenges help them build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions. Show them the humour in life, and the ability to laugh at one's self.
8. **Keep things in perspective and maintain a hopeful outlook** - Even when your child is facing very painful events, help him look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times.
9. **Look for opportunities for self-discovery** - Tough times are often the times when children learn the most about themselves. Explain what tough situations have taught you about yourself.
10. **Accept that change is part of living** - Change often can be scary for children and teens. Encourage them to see that change is part of life and new goals can replace goals that have become unattainable.



Life Lessons

Here are three challenges for your child to help develop their character, confidence and creativity! Please email photos of these challenges in action to enquiries@thehazeleyacademy.com

Character Challenge 	Confidence Challenge 	Creativity Challenge 
Learn the names of the plants and trees on your daily exercise route!	Do you know how to build a campfire? Can you pitch a tent? Learn survival skills here!	Create a sculpture or an image using times you find in nature. Inspiration here!

Money Sense

Are you spending too much on Ebay and Amazon?! Natwest have created a wide range of excellent resources to encourage your child to learn about the world of money and finance, including info about credit cards, pensions, student finance. [More information here!](#)



What's the Weather Like Today?



The Met Office have produced a range of great activities to engage young people in weather, climate and forecasting! Really interesting stuff! Mini projects can be [found here!](#) Research information can be [found here!](#)

... And Finally

When was the last time you tried something new? This situation has forced us to become more technology savvy and also look at ways of entertaining ourselves! Online quizzes are becoming very competitive in my household! We should take pride in the fact that we are all learning and growing in this tough time. Take care and, as always, stay safe.

Gemma Williamson

