

Year 10 Face to Face Session Guidance

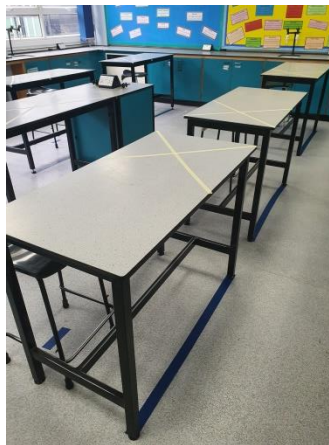
How we will ensure your safety at the start and end of each session:

- ▶ Every day there will only be a maximum of 40 Year 10 students onsite
- ▶ Students will have staggered start times and finish times to allow for social distancing - 8:30, 8:45, 9:00, 9:15am / 11:00, 11:15, 11:30, 11:45am
- ▶ Different entrances and exits have been allocated to ensure minimal mixing/contact and to support social distancing measures
- ▶ Group 1 and 2 each day (those arriving at 8:30 and 8:45am) will use the Pedestrian Gate and Group 3 and 4 (those arriving at 9:00 and 9:15am) will use the Main Gate to enter and exit our site
- ▶ Once students have entered site via the appropriate gate, they should proceed with staff to doors of Science block where classrooms are, students will wait as indicated by floor markings to ensure 2m apart
- ▶ Students arriving by car should be dropped off at their entry point, outside the front of school as near as possible to their allocated gate
- ▶ All designated classrooms and corridors will have floor markings to assist in ensuring students adhere to social distancing - students should follow these markings at all times
- ▶ Once told to do so, students should make their way to their designated classroom, following the markings on the floor so that they remain socially distant at all times - staff will be in the classrooms awaiting their arrival
- ▶ Students will be required to sanitise their hands prior to entering their classroom
- ▶ Students will be dismissed at the end of the session from their classroom at 11:00, 11:15, 11:30 or 11:45am - this will be staggered to allow social distancing to be adhered to and to prevent larger gathering of students - again, all students will leave through their allocated gate
- ▶ Parents/carers wishing to collect their child by car may do so at the appropriate exit point
- ▶ Students who walk to and from school are asked to be mindful of social distancing guidance when moving through the local community - students who do not adhere to the government guidance will be asked not to attend and continue with home learning

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How will we make sure that your classrooms are safe learning environments:

- ▶ Students will be in groups of no more than 10 to ensure social distancing is maintained inside the classroom
- ▶ Students will stay in the same classroom to minimise movement. Within that classroom, each student will have their own desk, their own equipment and their own folder to ensure that they do not need to move or borrow equipment. Equipment and books should be left on the student's desk at the end of the session unless students are asked to take items home
- ▶ Teachers will remain behind a line marking, which will be a two metre distance from students at the front of the classroom.
- ▶ Desks and chairs must not be moved and floor markings will indicate where tables should be
- ▶ Unneeded furniture will be removed
- ▶ Where possible, windows will be open and any non-fire doors propped open
- ▶ Groups activities and paired working will be avoided
- ▶ Hand sanitiser is available in each classroom and the classroom will be cleaned prior to learning taking place and at the end of each session



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How we will ensure good hygiene:

- A deep clean of each classroom will take place prior to students entering
- In addition, classrooms will be cleaned after every session
- All doors (if non fir doors) will be propped open with a door wedge to prevent students having to touch handles to open and close doors
- All students and staff will sanitise their hands prior to entering the classroom and when needed throughout session
- Avoid physical contact at all times (no hugs, handshakes etc.)
- In the classroom, sit in the same place at all times. Don't move tables or chairs.
- Stay at least 2m apart from others at all times
- Don't share belongings or equipment
- Use the toilets as directed by staff
- The keyboard and mouse will be cleaned prior to each session starting
- Students must only attend school if they and members of their household do not have COVID-19 related symptoms

How we will ensure your medical welfare and the first aid arrangements that are in place:

- Students who are required to take medication will be asked to attend the medical room by themselves at the appropriate time. They will be supervised by a Senior Member of staff
- Students should not attend the medical room for any other reason
- In cases of emergency or where students are feeling unwell, they will be escorted to Student Reception by a member of the Behaviour Team, a member of SLT who is first aid trained will carry out an initial assessment using full PPE (Personal Protective Equipment)
- Students who display any symptoms of COVID-19 will be sent home following collection by parents/carers and asked to self-isolate for 7 days and their household for 14 days

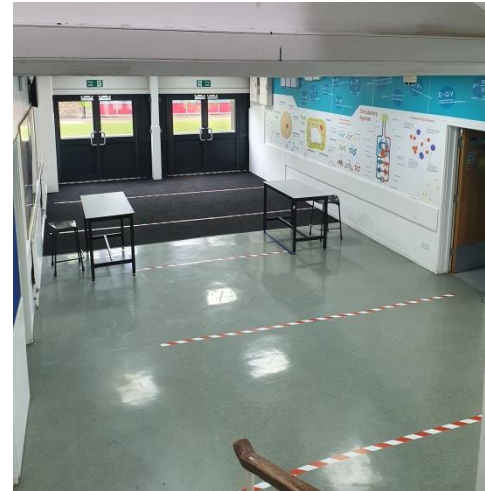
How we will keep you safe around site:

- Staff and SLT will meet you at your allocated gate at the start of your session, they will also escort you off site at the end of each session to ensure social distancing is maintained
- A member of the Behaviour Team will be available in the science corridor throughout the sessions to facilitate the safe movement of students and to support teaching staff where necessary
- All students should follow social distancing guidelines by using the markings on the floor that are spaced every two metres. These markings are present throughout areas of school that are being used and should be adhered to at all times.

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Toilet and hand washing facilities available:

- All students will be allowed to go to the toilet
- Students should only use the toilets in Sixth Form and will enter via the Common Room, only one student will be allowed to go to the toilet at any given time, they will be escorted by a member of the Behaviour Team
- Hand washing stations will be available in each classroom



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Timetable and Learning Opportunities

- ▶ Students will stay in the same classroom for their session and leave at their designated time. This will minimise student movement around the building and enable social distancing. Students will also be in class groups of no more than 12
- ▶ Students will be allocated to one of 12 groups (Monday 1-4), (Tuesday 1-4), and Thursday (1-4) and will be required to attend one day per week -
- ▶ On their allocated day they will study three subjects with a subject specialist. These will be the subjects they will be studying in Year 11. Each session will be 50 minutes. These sessions are an opportunity to review learning that has taken place at home, access important key knowledge and offer support for the work that students will be doing whilst not in school
- ▶ When students are not in school, they will continue with their home learning

Behaviour for Learning Policy

- ▶ There will be an adjustment to the schools Behaviour for Learning policy during the face to face sessions. Students will be given one opportunity to get it right – if a student does not follow the instructions of the member of staff they may lose their place in the face to face sessions
- ▶ SLT will visit all students on the first day to ensure that they are aware of our expectations around behaviour, social distancing and hygiene
- ▶ Students are not required to wear uniform, wherever possible they are encouraged to wash their clothes before and after each session in school. Our expectations around make up, false nails and mobile phones remain the same

Going back to school



Going back to school can be *super* daunting, especially after a long time away. Having a routine again, seeing teachers and friends and learning new things can all feel pretty overwhelming and stressful. It's totally normal at this time to be feeling anxious and low in mood, as well as struggling with sleep and unhelpful thoughts. Sometimes these thoughts can feel pretty powerful, and make it hard for us to concentrate, or make us feel that we don't want to go to school and see our friends. We try to avoid these situations because of how they make us feel.

If you're struggling at the moment with transitioning back to school, then this guide is for you! This guide includes links to self-help support, websites and videos and includes some self-help worksheets for you to complete.

Anxiety

The thought of going back to school can make us feel really anxious.



Anxiety is the body's way of responding to being in danger. The hormone adrenaline is rushed into our bloodstream to enable us to run away or fight, not taking into consideration if the danger is real, or if we just think there's a danger.

But what can we use to help us with our anxiety?

Find out more about anxiety, and techniques you can use to help relieve anxiety:

- [Young Minds – what is anxiety?](#)
- [CBT self-help for anxiety video](#)
- [Worry diary](#)
- [Thought record](#)
- [How to use STOP to control our thoughts video](#)
- [Facing fear and avoidance video](#)
- [Self-help for health anxiety](#)
- [Challenging worrying thoughts worksheet](#)
- [Postpone your worry worksheet](#)
- [Letting go with mindfulness worksheet](#)
- [Accepting uncertainties worksheet](#)

Sleep

If we are struggling with anxiety, low mood and unhelpful thoughts about going back to school, it can be really difficult to sleep! Here are some links to help us when we are struggling with sleep.



- [Self-help for sleep](#)
- [Mindful breathing](#)
- [Relaxation technique](#)
- [Sleep diary](#)
- [Sleep music](#)
- [Guided meditation video](#)

Low mood

People who are feeling low in mood tend to think very negatively about themselves, the future and the world around them. If you are feeling low in mood, you might be struggling to concentrate on school or be avoiding meeting up with friends. Follow the links below to learn more and help to lift your low mood:

- [Information about low mood/depression](#)
- [Low mood self-help video](#)
- [Increasing activity worksheet](#)
- [Increasing activity video](#)
- [Low mood thought record sheet](#)
- [Weekly activity schedule](#)
- [30 day positive challenge](#)
- [Positive steps to wellbeing video](#)
- [Finding meaning video](#)
- [Noticing the positives video](#)



Unhelpful thoughts


Sometimes our thoughts can be unhelpful. Unhelpful thoughts can cause negative feelings and negative behaviour, and may stop us from feeling like we are able to go to school or do our school work. For example, we may think we are "rubbish at maths" and so we stop trying in maths lessons. So how can we break this cycle?

- [Information on unhelpful thinking patterns](#)
- [Fact or opinion video](#)
- [Thought challenge sheet](#)
- [Thought challenging video](#)
- [Responding to thoughts video](#)
- [Different perspectives](#)
- [Fake news](#)
- [CBT self-help for anger video](#)
- [Self-help for stress video](#)





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Practise Good Hygiene

		WASH OR SANITISE HANDS FREQUENTLY	ABSOLUTELY NO SPITTING
		COUGH OR SNEEZE INTO YOUR ELBOW	USING A TISSUE? FOLLOW NHS GUIDELINES
		ONLY ONE PERSON AT A TIME TO THE TOILET	NO SHARING OF EQUIPMENT
		DO NOT TOUCH YOUR FACE	WEAR FRESHLY WASHED CLOTHING


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Practise Social Distancing

	STAY TWO METRES APART
	STAGGERED ARRIVAL & LEAVING TIMES
	SMALL GROUP OF PUPILS STAY IN YOUR BUBBLE
	STAY IN YOUR SEATING PLAN