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Chief Executive: Mr D Judson, BEd, NPQH  
Head of School: Mr N Lindsay, BA (Hons), NPQH

28 January 2021

Dear Parent / Carer,

**Re: Whole School Weekly Update (0089-20NLI)**

- Remote Education lesson timing update
- Headphones are available from school to support Remote Education
- Children's Mental Health Week – activities and assemblies during 'We are Longfield Daily'
- Lockdown advice and support
- Inter-form competitions – completion date 10<sup>th</sup> February 2021
- Careers update and contact details
- Community and mySchoolApp
- Good news stories – please send to [socialmedia@longfield.swiftacademies.org.uk](mailto:socialmedia@longfield.swiftacademies.org.uk)
- RSPB Big Bird Garden Watch

**Remote Education**

The link below takes you to our Remote Education Guide on the school website. Please refer here for hints, tips and troubleshooting guidance:

[Remote Education Guidance | Longfield Academy | Swift Academies](#)

**Headphones**

If finding a quiet place in the house is difficult, we are able to offer headphones to support your child's Remote Education. If your child requires headphones to work at home please contact [REldrington@longfield.swiftacademies.org.uk](mailto:REldrington@longfield.swiftacademies.org.uk)

**1 to 1 Teams Tutorials**

We can offer 1 to 1 tutorials with a member of staff to show pupils how to use Teams - please contact [REldrington@longfield.swiftacademies.org.uk](mailto:REldrington@longfield.swiftacademies.org.uk) or call reception on 01325 380815 if you would like to arrange this.

**Lesson Timings During Remote Education**

In a slight amendment to the timing of the school day during the period of Remote Education, there will be a 5-minute break between Period 1 and 2, and Period 4 and 5 added into the school day to allow pupils a short comfort and screen time break in between lessons.



New timings for online lessons, for week commencing 1st February 2021 are:

Period 1	9am-10am
Period 2	10.05am-11am
Break	11am-11:15am
WAL Daily	11:15am-11:35am
Period 3	11:35am-12:35am
Lunch	12:35am-1:20pm
Period 4	1:20pm-2:20pm
Period 5	2:25pm-3.20pm

## **Welfare**

Members of the Welfare Team are on site every day. Welfare telephone calls, all well-being services including Counselling, meetings and doorstep visits continue as usual. Please contact school if you wish to speak with a member of the Welfare Team.

Please take the opportunity to visit the 'Welfare' section of the Longfield website and Longfield Welfare Instagram account where you will find helpful support, guidance and signposting. The links below are to our E-Safety, Mental Health and Safeguarding blogs. They provide a wealth of information to support your child during this period of lockdown.

<https://esafety.swiftacademies.org.uk/>

<https://swiftacademies.org.uk/swift-mental-health/>

<https://swiftacademies.org.uk/swift-safeguarding/>

## **Children's Mental Health Week 1<sup>st</sup> February – 7<sup>th</sup> February**

We are supporting this important initiative through our "We are Longfield Daily"; the Welfare Team are also available to support your child. Please contact use if we can be of any help and support.

Youthwatch Darlington have organised an online event for Children's Mental Health Week to take place next week LIVE on Facebook for families, young people and professionals in Darlington.

Youthwatch Darlington will be joined by special guest speakers from the NSPCC, talking about Childline and Kooth - a commissioned online emotional wellbeing service for children and young people living in Darlington.

You will be able to hear more about the two services, how they are supporting young people during the pandemic and their top tips for this year's Children's Mental Health Week as Youthwatch Darlington's young volunteers take them through a series of questions!

Head over to the Facebook page @HealthwatchDarlington on Tuesday 2<sup>nd</sup> February 2021 at 3:30pm for the LIVE session.

## **Lockdown Advice and Support**

The Young Minds website has a range of resources to support parents / carers to talk to their children about their concerns:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>.

Kooth is a free, online forum and counselling / mental health support for young people.

<https://www.kooth.com>

Minded for families is a free online educational resource on children and young people's mental health for all adults, which can support parents / carers through these exceptional circumstances.  
<https://mindedforfamilies.org.uk>

Every Mind Matters offers advice and actions to take care of your mental health and wellbeing:  
[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters).

### **Lockdown Lunches and Meal Plans**

Change4Life have created recipes and shopping lists for families, which can be used to create lunches for around £15.00 each week. Great tasty and economical ideas for feeding the family at home. <https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

### **How can I reduce the chance of catching or spreading the virus in my home?**

COVID-19 spreads from person to person through small droplets, tiny airborne particles and through direct contact. To reduce the chance of catching or passing on the virus to or from the people you live with, you should:

- wash your hands regularly and for at least 20 seconds
- regularly clean frequently touched surfaces
- make sure you let plenty of fresh air into your home without getting uncomfortably cold

### **How can I reduce the chance of catching or spreading the virus outside of my home?**

Follow the principles of 'Hands. Face. Space.'

- Hands – wash your hands regularly and for at least 20 seconds
- Face – wear a face covering in indoor settings where social distancing may be difficult e.g. supermarkets, and where you will come into contact with people you do not normally meet
- Space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)

### **We Are Longfield Daily**



'We Are Longfield Daily' activities continue via Year Group Teams at 11.15am each day. Pupils need to open the assignment link each day to view the resources that have been set. This coming week, we are supporting Children's Mental Health Week from the 1<sup>st</sup> February to 7<sup>th</sup> February and dedicating our remote assemblies and 'We Are Longfield Daily' time to this.

Please note that the assemblies this week maybe emotive as they are focussing on the important topic of Mental Health; they will include in them the theme of 'Time to Talk' and will signpost pupils to a wealth of services who continue to offer support, in addition to those provided by the school, to our young people during lockdown.

Remote inter-form competitions continue, the completion deadline for these is Wednesday 10<sup>th</sup> February at 4:00pm.

The competitions are:

- PE – "Keepy-up" competition, 2 minutes to do as many as you can and email Mr Tearney with your results
- Science - Rocket building competition using resources found in the home; pupils need to create a rocket, take a picture of it and e-mail Mrs Glover

- Food Technology - Pupils to create a Valentine's Day dessert. This can be a cake, biscuit, or cupcakes; pupils need to take a picture, write a description of the dessert and email them to Mrs Jeffries

Please encourage your child to take part in the inter-form competitions.

## **Careers**

Please take the opportunity to visit our careers section of the school website and to follow our Longfield Careers and Community Instagram page and Swift Academies Careers Facebook page. You will find helpful guidance, support and regular updates with all things careers.

Year 10 and Year 11 have a dedicated Microsoft Teams Page for careers information including post 16 Options; Year 11 pupils in particular should be checking this once a week to make sure they stay up to date with any opportunities.

Mrs Smith has been using Teams to offer careers interviews. Pupils and/or parents / carers can request a meeting via the email below.

Our careers team Mr J Raw, Careers Lead and Mrs G Smith, Careers Adviser are available to support pupils and answer any parent / carer queries. Please contact them via school reception or via the following email addresses: -

[jraw@longfield.swiftacademies.org.uk](mailto:jraw@longfield.swiftacademies.org.uk)

[gillsmith@longfield.swiftacademies.org.uk](mailto:gillsmith@longfield.swiftacademies.org.uk)

## **Weekly Career Focus:**

Each week the Careers Team will send you our pick of the week with regards to must see resources.

KS4 Pupils: Speakers for school's experience: [www.s4snextgen.org](http://www.s4snextgen.org)

Once you have registered you can view a wide range of different career experiences.

KS3 Pupils: The Buzz Quiz - Preparation for your KS4 Options: [Buzz quiz - icould](#)

## **Community**

Your thoughts and support in helping all our pupils achieve their full potential is valued. We appreciate that during these unprecedented times it does put a significant strain on all our lives but it's vital that we all work together to support each other. As a community school at the heart of the town we do endeavour to keep our communication lines open and to meet the needs of the people we serve.

We really would like to hear from you and celebrate any fantastic achievements our pupils and families have been involved with. This may go a little way in helping us all smile in these difficult times. Please send any good news stories to:

[socialmedia@longfield.swiftacademies.org.uk](mailto:socialmedia@longfield.swiftacademies.org.uk)

## **mySchoolApp**

The app is a fantastic, easy way for us to communicate with you and keep you updated with everything that is happening at Longfield. mySchoolApp is free to download and use and it will become our main method of general school communication, so it's important you register. For more information about the app, please visit <https://longfield.swiftacademies.org.uk/myschoolapp/>

If you have not already registered for mySchoolApp and would like to, please email [prutter@longfield.swiftacademies.org.uk](mailto:prutter@longfield.swiftacademies.org.uk)

## **Science – RSPB Big Garden Bird Watch**

From the 29<sup>th</sup> to 31<sup>st</sup> January 2021, the annual [RSPB Big Garden Bird Watch 2021](#) is taking place. This is a great opportunity to get pupils and families actively involved in real-life science.

For more information and to register, please visit the RSPB website:

<https://rspb.org.uk/get-involved/activities/birdwatch/?sourcecode=BWMITHO>

I would like to take this opportunity to thank you for your continued support. Should you have any queries, please contact reception on T: 01325 380815 or email [enquiries@longfield.swiftacademies.org.uk](mailto:enquiries@longfield.swiftacademies.org.uk)

Yours faithfully,



Mr N Lindsay  
Head of School