

Dear Varndean families

Coronavirus update 23rd March 2020

Thank you very much for your support in getting your children started with the online resources that they have been sent to work on whilst we are closed. The links are included here:

[Off site learning for Y7](#)

[Off site learning for Y8](#)

[Off site learning for Y9](#)

[Off site learning for Y10](#)

[Off site learning for Y11](#)

We will continue to develop this offer so that learning continues as close to normal while school is closed. We have been collating some top tips for families adapting to home learning and plan to share these in a newsletter on Wednesday. Here are a few to help:

- Create clear spaces for working and resting to make learning more manageable
- Plan learning in small chunks
- Communicate daily plans with each other so that everyone can work together in harmony

Personal development is an equally important part of school life and this letter sets out some vital details about how we will go about this work during the break to routine, help students organise themselves and promote good emotional health.

Our pastoral team is continuing to work alongside parents to help students who we regularly support in school bases. This takes the form of a regular check-in email conversation. If you feel this would be beneficial for your child, please contact your child's Deputy Head of School as soon as possible to discuss further.

Angelou: samwhiteman@varndean.co.uk

Ellis: sandraknights@varndean.co.uk

Russell: abigailholder@varndean.co.uk

Turing: georginamaltby@varndean.co.uk

Our safeguarding team will be contactable **during school hours** if you would like advice on an issue or wish to report a concern.

safeguarding@varndean.co.uk

Vicky Anstiss (Designated Safeguarding Lead) - 07984 221254

Varndean School
Balfour Road,
Brighton, BN1 6NP

Headteacher: William Deighan

Tel 01273 561 281
Fax 01273 564 614
Email school@varndean.co.uk

www.varndean.co.uk



Kerry Tester - (Safeguarding Officer) - [07572 707214](tel:07572707214)

To access safeguarding advice (outside school hours) please contact Front Door for Families

Phone: 01273 290400 9am to 5pm Monday to Thursday, 9am to 4.30pm on Fridays

Out-of-hours: 01273 335905 (Emergency Duty Service)

The schools wellbeing service are offering their consultation helpline on a daily basis which you can contact on SWSConsultationLine@brighton-hove.gov.uk, leaving a name and phone number, and someone will respond as soon as possible.

Urgent concerns about a child's mental health should be referred to your GP, A&E, or CAMHS duty officer: 0300 3040061 or the Sussex Mental Healthline: 0300 5000101

School closure has inevitably brought significant changes to family routine. These changes may mean that children are dealing with unfamiliar situations. In some cases, this could mean your child spending a significant amount of time home alone. If this is new to your child you may wish to consider discussing what they would need to do given different scenarios. For example, if they felt unwell and couldn't get hold of you, or if someone knocks on the door etc.

Home Alone Guidance for parents from the NCPCC

<https://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone/>

You may find the Unicef link below helpful with regulating your teenager's emotional health. Additionally the Anna Freud Centre has produced some very good strategies to promote self-care and a useful guide has been produced by Psychology Tools on 'Living with worry and anxiety amidst global uncertainty'

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.varndean.co.uk/news/?pid=3&nid=1&storyid=2638>

PE with Joe on youtube is a 30 minute daily workout which children can access live each morning at 9am <https://www.youtube.com/watch?v=Rz0go1pTda8>

The scouts have also produced 100 indoor activities to try

<https://www.scouts.org.uk/the-great-indoors/>

Varndean School
Balfour Road,
Brighton, BN1 6NP

Tel 01273 561 281
Fax 01273 564 614
Email school@varndean.co.uk

Headteacher: William Deighan

www.varndean.co.uk



Should you be unable to access email to contact the school, the phone line will still be available to leave a message: 01273 561281. These will be accessed each day and we will aim to respond within 24hrs.

It is really important that you as parents/carers keep us informed of any significant events that happen within your families, so that we can work alongside you to support your child.

Finally can I thank you all on behalf of my colleagues. Your much needed words of support and encouragement have been very well received during these last few extraordinary days.

Kind regards

Gareth Hughes
Acting Headteacher

Varndean School
Balfour Road,
Brighton, BN1 6NP

Headteacher: William Deighan

Tel: 01273 561 281
Fax: 01273 564 614
Email: school@varndean.co.uk

www.varndean.co.uk

