

The Hart

NEWSLETTER

2 FEBRUARY 2021 • ISSUE 2 • SPRING TERM

MESSAGE FROM THE PRINCIPAL

Update on the re-opening of school

It has been rare, since the start of the pandemic, that schools have been provided with much clarity or advance notice, but we are pleased that we now have at least some certainty about what will be happening in the coming weeks (although we are, of course, disappointed that we won't have everyone back in school for a little while yet).

The latest announcements from Government as follows:

The earliest schools might 'begin to re-open' will be Monday 8th March (as yet no indication of whether some

year groups might return before others).

When the decision to return has been made, schools will get two weeks' notice of this.

Sadly, this means that we have at least four more school weeks of remote learning under the current arrangements. I know that this may be disappointing for many families and your children, but I hope that it provides some hope that there might be an end in sight, at least in terms of getting the students back into school.



We also received a clarification from the Department for Education (DfE) that schools would not be asked to open over half-term for children of critical workers which is different from the requirement in the

first lockdown.

Moving forwards, we will continue with everything that we have in place and keep seeking ways to keep everyone supported and motivated.



WELLNESS WALK

Our Student Leadership Team would like invite you all to walk at least one mile on Saturday 6th February in line with Children's Mental Health Week for our 'Wellness Walk'.

The aim of this is to improve all our wellbeing whilst raising money for a worthwhile cause in the local community.

We have a 'GoFundMe' page whereby you can donate a small donation of your choice and take part in this event. Please send in a picture that you have taken on this walk,

which has helped improve your wellness for the day, this could range from an amazing animal to a fabulous flower.

These can be sent to community@hartschool.org.uk. Be as creative as you like! Watch this space and look for updates on our Social Media.

[Donate here](#)

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SUPPORT FOR FAMILIES WITH FREE SCHOOL MEALS

At the start of January the government announced that we would be moving to supermarket vouchers to support our families. This has been a welcome change, providing parents with the flexibility to choose their preferred supermarket. We have also continued with our additional support to support a small number of families with our own food boxes.

Vouchers will continue during lockdown, including the upcoming February half term. Please keep an eye of your email inbox for information.

Email justine.rumsey@hartschool.org.uk if you are having any difficulties accessing the voucher.

REMOTE LEARNING

Our teachers are continuing to provide a high quality live learning experience for your child.

We believe that maintaining contact with home is important and this seems to be reflected in your responses to our surveys and in the emails that you have sent in thanking staff (thank you for this, it really does lift our spirits!) We have made some adjustments for students to follow in the light of your feedback.

1. Keep to your routines:

Get up at normal school times, (even get dressed for school!), take your breaks when you would normally have them (away from a screen) and make sure that you get some physical exercise each day.

2. Keep hydrated:

Drink plenty and make sure that you remind yourself to blink, your eyes can 'forget' to blink when you are staring at a screen too long.

3. Use the chat:

If you don't understand something, don't suffer in silence, if you don't feel that confident send an email to your teacher or tutor.

4. Keep on top of your work:

In the last lockdown people were talking about gaps in learning, your teachers will set you work to stop you from getting behind. If you are struggling, let them know!

5. If you are worried:

about anything, email your tutor, SSO or Head of Year - we are here to help.

Just a reminder: our behaviour expectations whilst working remotely are just as high as they would be in school.

- **DO NOT** share your lesson links with anyone else

- **USE** the chat **SENSIBLY**; this will allow everyone to learn better

- **WORK** to the best of your ability.

Well done to those of you who are working well (which is most of you), you should receive your remote learning praise postcard shortly.

WE NEED YOU

Fundraising for our students. With the online shopping proving ever popular, many of us regularly use the internet to purchase everyday items and presents.

The Hart School are with Easyfundraising - a **FREE** service where you can shop with your favourite online stores and, at no extra cost to you, raise funds for our school.

Choose from over 3000 of the UK's best-known retailers including many popular names such as Amazon, M&S, John Lewis and eBay, and when you shop online, using the links from the Easyfundraising site, a percentage of the purchase you make is donated to our School by the retailer.

It's really easy to register - just follow the link and click on the 'sign up' button.

It doesn't cost you a penny extra to shop and raise funds using Easyfundraising. You still shop directly with each retailer as you would normally, but, and very importantly, by using the links from the Easyfundraising site FIRST, each purchase you make will generate a cashback donation to our school.

So far we have raised over £450 in support of our PTFA! It's really simple, and doesn't



cost you anything. All you have to do is:

1. Go to: [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and sign up for free
 2. Install: the donation reminder toolbar (there are no annoying ads!)
 3. Shop: Every time you shop online, head to easyfundraising first.
 4. Collect: After you've checked out, that retailer will make a free donation to your good cause - it doesn't cost you a penny extra
- By installing the donation

reminder toolbar, each time you visit one of the retailers in the scheme you'll raise funds for us.

There's also an easy to use App available for those who prefer to shop on their mobile devices.

There are no catches or hidden charges and The Hart School PTFA will be really grateful for your donations.

Join [here](https://www.easyfundraising.org.uk) today and start making a difference...simply by shopping.

Thank you!

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RECOGNISING ACHIEVEMENT DURING LOCKDOWN

In the current climate, it is more important than ever that students are recognised for their achievements and that this is celebrated.

If students are meeting expectations, the following process will take place:

- All students who actively engage with their online learning will receive a ClassChart point for each session (5 points maximum per day)
- All students who receive 25 online standards points per week will receive recognition

each week through a Success Postcard sent home via Parentmail.

- If any student has gone above and beyond in their lessons, teachers can acknowledge this by nominating them for an 'Above and Beyond' Postcard.

All points will go towards their Hart Badge. The following

tariff will apply:

- Bronze Learner**
500 ClassChart Points
- Silver Learner**
750 ClassChart Points
- Gold Learner**
1000 ClassChart Points



7 Habits of Highly Effective Students

The concept of the Seven Habits is based on Stephen Covey and has been used by thousands of students to support their studies and make life more rewarding and productive.

Highly proactive students recognise that their behaviour is affected by the choices that they make. The following is a brief overview of the Habits highlighting key habits:

Habit 1

Be Proactive: Take the initiative and the responsibility to make things happen.

Habit 2

Begin with The End in Mind: Start with a clear destination to understand where you are now; where you're going and what you value most; set goals as targets to motivate you to achieve.

Habit 3

Put First Things First: Manage yourself, stay organised and focus on priorities.

Habit 4

Think Win/Win: See life as an opportunity to shine, not a competition, if you believe you can achieve you are half-way there.

Habit 5

Seek First To Understand, Then Be Understood- Build the skills of empathetic listening that inspires openness and trust.

Habit 6

Synergize- Apply the principles of cooperative creativity and value differences.

Habit 7

Sharpen The Saw- Preserve and enhance your greatest asset-yourself by renewing the physical, spiritual, mental, and social-emotional dimensions of your nature.

WELLBEING TIPS

In the first edition, we discussed routines and these are really difficult to maintain during a lockdown.

Sleep is vitally important, especially for teenagers who need at least 8-10 hours every night. Tips for getting back into a sleep routine include:

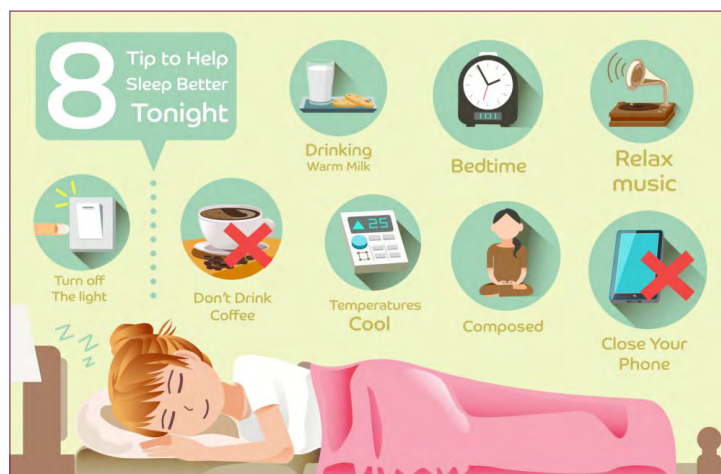
- 1. Routine:** same bedtime routine, at the same time, allows our day and night rhythms to adapt to the schedule most suited to a regular school day. Try to encourage a routine of switching devices at the same time each evening, a drink that has little or no sugar or caffeine, having a bath or shower to relax.
- 2. Sleep hygiene:** a calm, uncluttered bedroom (we know this can be a challenge!); a comfortable temperature, devices switched off and reduced level of light in the bedroom.
- 3. Gradual adjustment:** reintroducing a routine

takes a steady approach – our bodies can't adjust immediately to a change in time of going to bed; try to avoid naps during the day.

4. Consistency: sticking with a routine is really hard, especially when routines are not the same as they were. At weekends, try not to let children lie in bed for more than two hours past their

routine getting up time in the week.

5. Worries and concerns: teens may have difficulty sleeping because they are worried or upset. Take time to discuss the day and anything that might have disturbed or distressed them. There are some good apps around that support with relaxation techniques





THE HART CHALLENGE

To coincide with Childrens Mental Health Week we have launched The Hart Challenge. This is an opportunity for students to increase their Cultural Capital, be open to new experiences and to not only move out of their comfort zone but also to move away from the screen.

Each week five new optional challenges will be shared with students on Teams and during tutor. Challenges will be based on the following:

The Skill Challenge: These challenges are all related to students learning a new skill, something they would not normally attempt such as juggling or ballet but these challenges are all about encouraging students to come out of their comfort zone.

The Physical Challenge: These challenges are all related to keeping students active and encouraging them to get their regular exercise, such as a bike ride or creating a training circuit with household items or simply going for a long walk.

The Mental Challenge: These challenges are all about broadening students knowledge and encouraging them to be open to new ideas. Challenges will include watching a documentary, taking a virtual tour of a museum or reading a book.

The Social Challenge: These challenges are all about encouraging social interaction. All of the challenges set will be Covid safe such as having a debate with your family or writing a letter to student in different country.

The Everyday Challenge: These challenges are all based on students building an awareness about day to day tasks, such as, cooking a meal with key ingredients, doing the laundry or understanding budgeting.

Students will choose to complete at least one challenge each week. For each challenge completed the students name will go into a draw for a chance to win a superb prize.



The Hart School Sixth Form

The Hart School Sixth Form creates a bespoke curriculum for each student intake's needs. Recent investment includes newly refurbished Sixth Form areas, library and new ICT suite.



For application forms and information on vocational and academic courses, which include Level 3 Dance and Public Services, visit www.hartschool.org.uk/sixth-form or email Head of Sixth Form Mr Ben Brennan on ben.brennan@hartschool.org.uk

WE ARE STILL OPEN TO APPLICATIONS

CAMPUS CALLING

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Over 50 UCAS applications have been sent off and now students are excitedly finding out where their future may be taking

them. Year 13 has coped incredibly well with all of the changes and obstacles that they have faced over the course of their studies.

We are incredibly proud of all their hard work and the tenacity they have shown. A significant number of Russell Group

universities from all over the country have already given offers in subjects ranging from Criminology to Astrophysics.

It will soon be the turn of Year 12 to start their application process and we look forward to equal (or even better) success from this talented bunch.

OPEN LIBRARY

In the words of Barack Obama, "Reading is the gateway skill that makes all other learning possible" and this is exactly why we want to encourage our students to embrace reading.

During Lockdown, The Hart would like students to engage with a virtual library called Open Library. It is free and easy to join. You will find links on the school website and instructions on how to do this. Every fortnight a book will be recommended for every Year group.

This virtual library will give you the option to read an e-book or listen to an audio book, giving you the choice - whatever your preference should be.

Open Library have so many books available allowing you to choose any other book you like from a wide range of fiction and non-fiction books and best of all it is FREE! Watch this space for competitions and prizes to celebrate your reading successes!

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