

14 January 2021

JST/NBA

Dear Students, Parents and Carers

As we enter our second week of UTC closures I wanted to write to you again to give you an update on what is happening with some areas of online learning. I also want to thank you all for your ongoing support.

We have set up Year Group Teams in which tutor activities will be placed. This includes careers and well-being resources. Staff are working really hard to try and ensure that the employer led focus of the UTC is not lost during lockdown.

The plan for the tutor programme will soon be shared on the home learning section of the website as well as being set as a pinned document in each Year Groups Teams account for individual students. This way everyone can see the work and activities set.

If students are having any issues with connecting to online learning or accessing the work please do not hesitate to contact us and we will do what we can to support. This is a new way of working for everyone and it is vital we all work together to solve problems as they occur.

### **Reporting home**

Staff are in the process of completing reports on students' online learning engagement. These will be sent to you weekly. In regards to student attainment and progress this will be shared through the progress trackers as planned.

Staff are currently updating assessment plans to accommodate working remotely; balancing achievable marking demands with relevant feedback. Once curriculum areas have an agreed assessment schedule this will be shared with parents alongside the home learning plans on the website. This should enable parents and students to have a clear understanding of what is being taught and how it is being assessed.

Thank you for your patience and understanding in allowing staff to plan and alter their way of working to ensure the best possible delivery allowing for flexibility. My teachers are working tirelessly to try to minimise the disruption to learning that moving online causes.

If you are concerned or want to check with any teacher at any point for an up-date please contact us and we will try to help.

## **Year 11 and Year 13 exams**

Unfortunately despite media speculation we do not have any confirmation about the process that will come in to place to replace the planned summer examinations. It is therefore of paramount importance that students continue to engage with online learning and submissions and these are highly likely to contribute to any end grade.

As soon as we have any clear direction or understanding of the content and format of assessments I will share that information with you. In the meantime, thank you for your continued support and understanding.

Students in year 11 and year 13 should be in the process of completing their Sheffield Progress and UCAS applications. For help and support with this please tell them to email their learning manager. The deadline for both of these applications are towards the end of this month, so seek support now to ensure a quality application.

We hope that as many year 11s as possible will choose to remain with us at OLP. If any student would like a personalised careers and post 16 planning meeting please contact [adminolp@utcsheffield.org](mailto:adminolp@utcsheffield.org) to let us know.

## **Further information and support**

I have looked back through resources that were produced during the March lockdown. I wanted to share again with you some of this information and links that are available. Please see in the following pages.

### **Online safety**

With students working so much virtually the importance of online safety has never been so pertinent. As such all students will gain the chance to complete the immersive labs online safety units. These will be set through their year group MSTeams.

In addition two useful parental guides to support safe online use can be found here.

[Supporting-Young-People-Online.pdf \(utcsheffield.org.uk\)](#)

[Internet-matters-Parent-Age-Guides-14.pdf \(utcsheffield.org.uk\)](#)

### **Supporting learning**

We have full timetable of learning in place for students via MS Teams. I am however aware that it can be challenging for parents to balance supporting their child/children with their learning at this time. In July the government released a document to help support families with this and it can be found here.

[Supporting your children's education during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#)

In addition to the online learning on Teams BBCbitesize offer a range of GCSE resources as well as daily online lessons. These can be accessed here. <https://www.bbc.co.uk/bitesize/levels/z98jmp3>

### **News**

We know that with COVID-19, many of us are scared and worried as we are unsure of what lies ahead. We also understand this can affect your mental health. Our mental health is really important and it's crucial we try to support this whilst going through this period of uncertainty.

With issues like this, fake news is a massive part and does not help with our mental wellbeing, make sure the information you get is from a reliable source. At the UTC we recommend you use the following websites to ensure the information you are receiving is true. [www.Gov.uk](http://www.Gov.uk) [www.who.int](http://www.who.int)

## Mental wellbeing

I know that the substantial changes that have happened in all our lives have had a profound impact on all our mental wellbeing. I have included below letter some links to resources and websites that offer help and support around all elements of Mental Wellbeing.

Things that can help.

- Talk about your feelings - You can talk online or over the phone. There are plenty of forums where you can talk to other people and by talking about your feelings you could be helping someone else.
- Keep active - Even if you are self-isolating, you can still do a home work out. There are plenty of videos on YouTube which you can follow, or you can clean the house, cleaning is a great way to exercise!
- Eat well -If you run out of fruit and vegetables, ask a family member or friend to pick you some up and leave them on the door step, or buy frozen fruit or vegetables as they last longer.
- Keep calm -It's important to keep calm for both yours, and your families wellbeing. There are lots of great apps for breathing techniques which can help to keep you calm.
- Keep in touch - Make sure you keep in touch with friends and family. You could do this over the phone, video call or social media.

## Kooth

### [Home - Kooth](#)

*Kooth* offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

**Mental wellbeing: secondary BPS Website:** <https://www.bps.org.uk/news-and-blogs>

Key stages: key stage 3 to key stage 5 Description: advice on dealing with school closures and talking to children about COVID-19. Registration: not required

**Children's Society Website:** <https://www.childrenssociety.org.uk/coronavirus-information-and-support>

Key stages: key stage 3 to key stage 5 Description: information and support on different aspects of mental health and wellbeing. Registration: not required

**MindEd Website:** <https://www.minded.org.uk/>

Key stages: key stage 3 to key stage 5 Description: an educational resource for all adults on children and young people's mental health. Registration: is required Rise Above Website: <https://riseabove.org.uk/topic/my-mind/>

Key stages: key stage 3 to key stage 5 Description: videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people. Registration: not required

**The Child Bereavement Network Website:** <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Key stages: key stage 3 to key stage 5 Description: advice on supporting grieving children during the coronavirus outbreak. Registration: not required

## Physical activity

It has been clearly shown that physical activity not only helps with physical health but mental health as well. We will be sharing activities and information through the year group teams to support this. In addition Join the Movement from Sport England is supported by a website which brings together some of the best online workout and activity content, exclusive offers from providers such as Les Mills and Fiit and sections for specific demographics such as older adults, kids and those with long term health conditions. This may also be of interest to our sports students in regard to fitness plans for different groups of people.

[Join the Movement | Sport England](#)

## Domestic Violence (This information comes from Sheffield L.A and is aimed at adults)

In Sheffield around one in sixteen adults will be a victim of domestic abuse every year and most of the abuse happens in the home. This means we are all likely to live on a street with neighbours who are victims of domestic abuse, but we may not know this is happening.

A few years ago, in Sheffield, a neighbour overheard something unusual happening in the home next door. There were screams and lots of other unusual noise. The neighbour did not phone the police until the next day. When the police arrived, they found a woman had died as a result of an attack by her partner. What would you have done? You may feel that you don't want to interfere, or you may worry what may happen to you if your neighbour finds out you have told someone.

However, the best way to help your neighbour is to phone the police or contact Crimestoppers anonymously.

The police can stop the harm from happening and can help victims to keep safe. They can also use the law to stop someone causing further harm. How do I get help for my neighbour?

You can report anonymously. Contact Crimestoppers online at <https://crimestoppersuk.org/> or phone 0800 555111.

Your neighbour will not know who has reported. If you think it is an emergency, phone 999. If it is not an emergency you can report direct to the police at <https://www.reportingcrime.uk/> or by phoning 101. Remember, be a good neighbour, report the crime and you may prevent a death. What is domestic abuse?

Domestic abuse is when a family member (e.g. your partner, ex, spouse, ex-spouse, adult daughter / son) is causing you harm. The abuse could be of different types - including physical, sexual, financial, emotional and psychological. Acts of domestic abuse including violence against a person, rape and sexual assault, coercive control, harassment, stalking and forced marriage are all illegal. Domestic abuse can affect anyone, of any age, gender, ethnicity, sexuality and living in any neighbourhood. You may feel frightened and ashamed. You may feel isolated from family and friends.

Domestic abuse is not right, and you are not at fault if it is happening to you. To find out more about domestic abuse go to <https://sheffielddact.org.uk/domesticabuse/domestic-abuse/>

How do I know if my relationship is healthy? Use this Women's Aid online tool to find out how healthy your relationship is <https://www.womensaid.org.uk/the-survivors-handbook/am-i-in-an-abusive-relationship/> How do I get help in an emergency? Victims who need immediate help should telephone 999 and ask for the police.

If you don't feel you can talk to the police because the abuser is still in the home then you can use the 'silent solution'. Press 55 when prompted by the operator and you will be put through to the police. Cough or make a noise (hit keys against the hand set) to answer questions when asked. This will help the police to understand the help you need. What domestic abuse support services are there for people in Sheffield?

Independent Domestic Abuse Service (IDAS) is a specialist domestic abuse support service. Contact them by...

- Telephoning the Sheffield helpline on 0808 808 2241 (Monday to Friday 8am to 7pm and Saturdays 9am to 5pm)
- Talk to them by webchat [idas.org.uk](https://idas.org.uk) between 3pm-6pm each day. IDAS advisors can answer questions from victims or their family or friends, provide safety advice, risk assess and offer longer term support.

To find out more go to [www.idas.org.uk](https://www.idas.org.uk) A full list of support services available in Sheffield, including how to access refuge, can be found at <https://sheffielddact.org.uk/domestic-abuse/get-help/>

What support is there for people causing harm? Inspire to Change is a programme in Sheffield that works with those causing harm. The programme helps people learn about healthy relationships, how their behaviour affects others and how to make changes in their behaviour. To find out more go to [www.inspiretochange.co.uk](https://www.inspiretochange.co.uk) or phone 0114 256 7270

Yours Sincerely,



Mrs. Jessica Stevenson  
Principal  
UTC OLP