

13 January 2021

Dear Parents/Carers

Welcome to week 2 of remote learning and by now you will have received our Full Lockdown provision map sent on Wednesday 13 January which is starting on Monday 18 January 2021.

As we find ourselves once again in a period of national lockdown, we are committed to keeping you updated with any government announcements and ensure that all students are supported during this challenging period.

As government advice has changed and online learning will continue until 19th February 2021, we needed to tweak what we were doing and importantly get and respond to feedback from you and your children so that we are still meeting the needs of all learners.

We will keep you informed via the following methods over the coming weeks:

- Fortnightly weekly newsletter
- Twitter - @DPASlough\*
- Facebook – @DPASlough\*
- Instagram - Academy account: @dittonparkacademy / Sixth Form account: @dpasixthform
- Website - <http://www.dittonparkacademy.co.uk/929/covid-19-updates>
- Principals letters

\*Please note that these social media platforms are outward lines of communication rather than a means to make contact.

Whilst a large amount of what we are currently doing inevitably involves technology and screens we are very conscious that learning, communication, interaction and day-to-day working also needs take other forms. This is not always easy, but every effort should be made by all of us to balance the need to use technology.

### **The importance of non-screen time**

Thank you for your feedback on the outstanding job your children are making of this second tranche of online learning. We have had many emails of praise as well for our teaching staff, for which I thank you. As we move forward with a longer lockdown, I would encourage you to emphasise the importance of non-screen time with your daughter or son. For example, finishing the school day with some exercise, reading a book, writing a diary or craft activity. This is emphasised in the new provision map that gives children one-hour slots when they do not have to rely or go onto a screen:



Kings Reach  
Slough SL3 7UX

Tel: 01753 537 594

Email: [office@dittonparkacademy.co.uk](mailto:office@dittonparkacademy.co.uk)

[www.dittonparkacademy.co.uk](http://www.dittonparkacademy.co.uk)

Nick Caulfield – Principal



UCAS  
We are a UCAS registered centre



SELF-WORTH ASPIRE SUCCESS HONESTY

### **Non-screen Activities**

1. Make a call to a member of your family outside of your immediate bubble
2. Learn a new skill – juggling, meditation etc
3. Help make a family meal
4. Ask how you can support the running of the home – tidying a room, washing up
5. Read a book/magazine/newspaper

### **Creative Activities**

1. Complete an hour of moderate exercise at least three times in one week
2. Practice/learn a new musical instrument three times a week
3. Draw or paint a picture
4. Walk with members of your bubble where it is safe to do so
5. Learn some new board games or complete jigsaw puzzles with other family members

If you have any concerns about your child and their wellbeing please access the resources below or contact their Academic Mentor via Teams or their work email [initial.surname@dittonparkacademy.co.uk](mailto:initial.surname@dittonparkacademy.co.uk)

### **Wellbeing support for parents/carers and students**

#### **Kooth Online Support Service (kooth.com)**

Kooth is a free online counselling and emotional wellbeing support service providing young people aged 11-22 years in South West London with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors. Kooth is accredited by The British Association of Psychotherapy and Counselling (BACP) and a trusted delivery partner of the NHS. It's anonymous, free and open up until 10pm 365 days a year. There are no waiting times and it integrates with face-to-face local services to ensure a seamless transition when needed.

**Childline Online and 1-2-1 counselling:** <https://www.childline.org.uk/get-support/>

**Reporting abuse** - For advice on making a report about online abuse:  
<https://www.ceop.police.uk/safety-centre/>

**NSPCC General advice and support:** <https://www.nspcc.org.uk/>

**Stem Online Support** - Advice for anxiety, depression, self-harm, eating disorders and addictions: <https://stem4.org.uk/>

**Young Minds** - Emotional wellbeing support for young people and a helpline and advice for parents/carers: <https://youngminds.org.uk/>

**How is it going, the importance of feedback**

We are checking in with your children and teachers each day and tweaking our curriculum accordingly, I hope you will also understand that we do need to give some time for new structures and routines to bed in, however can I please ask that you contact the academy via your child's Academic Mentor to let us know what you think is working well and what areas we can look at to see if any changes are possible to improve further our off-site provision.

The academy office is currently staffed from 8.00am – 3.00pm. Messages left outside of this time will be picked up the next working day. If you need to contact the academy, please use the office e mail address [office@dittonparkacademy.co.uk](mailto:office@dittonparkacademy.co.uk)

Thank you for all you are doing to keep learning going for our children and we hope that you and your family remain safe during this challenging time.

Yours sincerely

N Caulfield  
Principal

C McNab  
Associate Principal