

1 May 2020

Dear Parents and Carers,

Curriculum Resources and Well Being

We very much hope you are all keeping well and safe during this challenging time. You will remember that we shared a list of online learning and wellbeing resources with you about a month ago. We hope that you have found some of these resources useful. As many organisations such as the BBC have developed new resources to help families and children at home, we are sending out this updated list that we hope you and your children will find useful.

Our teachers continue to provide lessons each week for our students in every subject. All new learning is set regularly using Google Classroom. Every week as a teaching team we review the work being set and we have been adapting and enriching our lessons to ensure that they are engaging and accessible for young people learning at home without their teacher. In some cases we have incorporated some of the new resources being developed, so your child should have plenty of varied work to complete each week. However, as there is an extensive bank of resources online for the entire family to enjoy we hope you find this update useful:

KS3/GCSE Specific:

Oak National Academy - a new free resource with new video lessons in most subjects every week.
[.https://www.thenational.academy](https://www.thenational.academy)

BBC Teach Live Lessons - <https://www.bbc.co.uk/teach/live-lessons> - new lessons added daily.

ClickView - short video clips teaching you everything from algebra to Shakespeare.

https://www.clickview.co.uk/free/?utm_source=pdt&utm_medium=email&utm_campaign=ClickView%20Free%20Access

Seneca- GCSE specific courses which will be set by your teachers but you can also find your exam board and complete assignments: <https://www.senecalearning.com/>

CENTURY Tech- key stages 1-4 work will be set by staff for your child: <https://app.century.tech/login/>

Twinkl- not only created home learning and school closure packs, but have also introduced an offer for all of them to be completely free. They've put together a simple, step-by-step guide about this offer of help, for you to use. You will find resources here for older and much younger children too.

<https://www.twinkl.co.uk/resources/parents>

MyTutor - a tutoring company, the founder of which is a member of the WHS governing body:

<https://www.mytutor.co.uk/schools.html>

Cool Science:

NASA has made their entire media library public:

<https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR0wfXm7M8tCBQ9wBC7KX2mK8ZX-ESjL92xjhP3d3dh5Dqx4rGqBzmGMihc>

Read and/or be part of global people powered research projects:

<https://www.zooniverse.org/projects?fbclid=IwAR3OX7GaLKdhXN1Mmi0QDGfshAC1UzZDJsf4-7TJcGPP2F5j1LWAbZaXRxo>

A fabulous set of award-winning podcasts for young people (and older ones too!)

www.brainson.org

Stand-Up Maths and STEAM - truly inspirational presenters investigating interesting maths and STEAM themes, with associated activities for students to complete:

<https://www.think-maths.co.uk/sessions>

An amazing list of free maths documentaries to get you curious about maths! Hours of fun!

https://docs.google.com/document/d/1EnyudokBACoNVu1SkzMZHYO_hmuAdZJEOFRMIS6468/edit

Languages (French and Spanish):

Language learning games in Spanish/French/English and more - www.linguascope.com

(The school has paid a subscription for all our student to use this Login : wapping Password: wapping123)

KS3 & KS4 vocabulary on Quizlet - <https://quizlet.com/en-gb>

KS3 & KS4 activities, questions and assignments on Language Nut -

<https://www.languagenut.com/resources/#/LoginScreen>

Conversation practice on Duolingo (loads of languages to choose from!) - <https://www.duolingo.com/>

Arts and culture:

Audible are offering free access to children's literature:

https://stories.audible.com/discovery?ref=adbl_ent_anon_ds_ds_hn.

MOOG and KORG are offering free access to their synth apps (the Kaossilator is awesome) free on iphone and android:

<https://www.theverge.com/2020/3/16/21181915/synth-apps-free-moog-korg-kaossilator-minimoog-mode-l-d-coronavirus>

Explore a new aspect of art each day: <https://www.explorationoftheday.com/>

Downloadable colouring books from 113 different museums!

<http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR3ORtLUYi61xGxPEZyCv7Qgk7NkdzKn5X0l6RD5eKbYaZxvZ5clagpouec>

Stay at Home Fest: An online music festival! (crowdsourcing all the online gigs people are putting on): <https://www.stayathomefest.com/?fbclid=IwAR104m7eYb07SxcBvirhhohurnon8K9rnQKVTPj3fCbs0oHhX4Lkl3zeobY>

Live Stream Directory: Another calendar of lots of free live streams including the Met Opera: https://www.socialdistancingfestival.com/live-streams?fbclid=IwAR0f2jcFP_MmVftlat4m73kaN1yjf3Ut2oAr4KAb3Jrs9B7tr-VsjNYbE4

Free online concerts:

<https://miss604.com/2020/03/free-concerts-to-watch-at-home-during-covid-19-distancing.html?fbclid=IwAR1D-AXOHgIDxTh-wZPQ5wvYRkblVsPsvBd42lcl6c--T03-PAIvsMnx-ql>

Virtual museum tours:

https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3CeVrK1j1cD79potTA0LxuLkaK_QWB8lVo65sMVT4sX3lhGqrTrV1S-dY

64 million artists: A 2 week creative challenge to help you at home:

https://64millionartists.com/?fbclid=IwAR28Y_AJ6by_mwNYPq5Bf5ZMpsq_bpMyKkrFq0bNMw39ZT6t5VuV7q3ZRms

Online plays and theatre:

https://www.dramaonlinelibrary.com/?fbclid=IwAR2J1Enfda10p_eeleFFWZo6bBBm6pY7o-tP7XQJ1AGFkrE6jonZHjv-o0w

Online gigs (not all free, here to help artists get paid too): <https://www.stageit.com/>

Free audiobooks:

https://librivox.org/?fbclid=IwAR2KVajKcT-jKdcCE-voLIU-FU35S_-psqELhOGxdEfC3elVStLQLHRt8

Over 1500 free online courses, audiobooks and movies:

http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html?fbclid=IwAR0r5o-Hd6OQ-a28S7pisLGEUTZyJz54_VVr1gBzZjtwPoOgzOXCJ3OFF7g

Parenting:

A big resource list for the lockdown:

https://thegreenparent.co.uk/articles/read/lockdown-life-savers?fbclid=IwAR1k8UKe1Qvww6Q3lsZj5S8cW_eXuqpi8HWCCR-GvtvG3JBDwqrzr1qMHJ-s

National Geographic for Kids: <https://www.natgeokids.com/uk/>

Educational resources:

http://www.amazingeducationalresources.com/?fbclid=IwAR1p_9qXavsurCfbpd6kGY71Ao0Vi6LZ0bpCpBAhMpQV_iwN3G1Mvj1n8-c

Safer Internet advice for parents <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Other online Learning:

<https://www.coursera.org/>

MIT open courses: <https://ocw.mit.edu/index.htm>

Free computer programming skills: <https://blockly.games>

Mental health help services:

Online counselling for young people: www.kooth.org

Telephone befriending service for the elderly: <https://www.thesilverline.org.uk/>

Online cognitive behavioural therapy site: www.lttf.com

Free emotional support from trained listeners; online counselling: <https://www.7cups.com/>

Children and adolescent mental health support resource: www.youngminds.org.uk

Meditation/ relaxation and sleep resources: <https://www.headspace.com>

Wellbeing advice:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Bereavement counselling: <https://www.cruse.org.uk>

Samaritans: <https://www.samaritans.org/>

MeeTwo peer support App : <https://www.meetwo.co.uk/>

Staying physically active:

Physical activity is vitally important to ensure that students are able to cope with the new social distancing and isolation measures that we are all currently facing. Although students will not be able to carry out their normal physical activities, it is important that they carry out at least 60 mins of physical activity each day. This can be broken down into shorter chunks throughout the day.

Below are some useful ideas on how to stay physically active....but there are so many more online!

Joe Wicks 'The Body Coach', daily 9am 30min PE lesson: <https://www.youtube.com/user/thebodycoach1>

7 days of sweat challenge:

<https://www.youtube.com/watch?v=QXmdXilQagA&list=PLyCLOPd4VxBsbpNdYQH1K5nFhaPYyhFDz>

Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene/videos>

Staying active during the coronavirus pandemic:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf

7 minute workout app: <https://7minuteworkout.inj.com/#>

DownDog <https://www.downdogapp.com/>

Pastoral support & interaction:

We would like to reassure you that your child continues to have access to the pastoral and support team. Every morning, the Heads of House post activities and messages on the Tyburn House and Fleet House Google Classrooms for all students. They give regular updates centered around wellbeing and learning tips, as well as keeping students connected to their tutors and each other through the messaging functions. We have been delighted to see lots of students and staff posting messages and we would encourage your child to look here every morning if they are not already doing so.

Additionally, our Safeguarding team continues to monitor our safe@wappinghigh.org inbox on a daily basis.

We hope you will find this updated list useful in supporting your family in the home.

We very much hope that you and your family remain safe and do please contact us if you have any queries or suggestions.

Yours Faithfully,



Nicolette Sorba
Senior Assistant Headteacher

Serra Sanders
Assistant Headteacher



The Wapping and Shadwell
Secondary Education Trust Company
Number: 07412515

