



Headteacher Update – April 2020

Dear Parents, Carers, Students, Family and Friends of Baines School,

This is an unusual Headteacher update but I didn't want to lose touch with you all during these difficult times. There are many positives to share with you from before school closed and since learning has moved online. I would first like to thank everyone within the Baines community for being so supportive. You, the parents and carers have been amazing in finding ways to reduce the number of children coming to school, recognising that it is essential for children to stay at home and to social distance as far as possible and to support us so that we can have a rota with a small number of staff physically in school to supervise the children of keyworkers (when parents / carers are on shift) and for those who are classed as vulnerable and need to be in school. The current system is working well and allowing school staff to minimise contact with others and for us to manage the cleaning of the areas used. This rota, enables the other teachers and support workers to be setting work and giving feedback online to students.

Regarding work, we are doing our best to set work appropriately but we will not be able to please everyone. For some, they say we are not setting enough work and the students are completing it very quickly and for others the work is taking a long time and is extremely challenging. For some students, they are worrying about work and getting anxious about missed deadlines. If you have a child who is very hardworking and conscientious and is trying their hardest, then please reassure them that they will not be in trouble for missing deadlines. We understand that they may need to share technology and help out at home as well as broaden their experiences through exercise, nature, arts and crafts (this does not include hours of playing on games consoles).

However, there are some students who are not working at all and who are not trying! This is not acceptable and we need your support in ensuring all students are attempting to do some learning. This is especially vital for those few 10 students who have not engaged in learning so far. We have an IT support team who can help them to get online by emailing classroom@baines.lancs.sch.uk. In addition, please feel free to email your child's Progress Tutor, Progress Leader or teacher if you have a particular concern. We have paper work packs that were given out at the start of the lockdown and new ones that can be collected from school (please phone first so we can get the pack for your child and leave at reception). We have been carrying out wellbeing calls to check that students are OK and coping both with the work but also regarding their emotional well-being. There is further information about how to support children's learning later in this update.

We are also very mindful that the situation with the Covid virus has touched most people's lives and we want to support the emotional wellbeing of our community. I hope the many updates and resources we have made available have been useful to your families and friends. Please do look at the resources on our website.

I will use the usual communication systems of email, Facebook and Class Charts to send through further updates as we are aware of them.

New Year 7 for September 2020

If any of you are in touch with families of children who are joining our new Year 7 in September, please ask them to send in the admissions documents or to make contact with Mrs Porter at CPo@baines.lancs.sch.uk. Until we have their contact details, it will be difficult to contact them and support a smooth transition to our school in preparation from September.

I am very proud of the members of our Baines Community who have been supporting the NHS with making vital equipment for our workers. Some examples are below:



Josh-Year 11 Visor Making



Josh from Year 11 has been busy, alongside his school work he has been making polypropylene masks for key workers. So far with the help of other people using 3D printers they have made an amazing total of 800 masks for key workers around Lancashire! Well done Josh a fantastic contribution to our community.



You may have seen aspects of this article in the Blackpool Gazette recently



Blackpool Teaching Hospitals
NHS Foundation Trust



PPE masks for Blackpool Victoria Hospital staff and care workers

Ben Johnson a former Baines pupil who works at the Chorley-based company Ultimaker GB, a 3D printing distribution service who is the supplier to the 'Create Education Project,' which provides creative education resources around the country to 'hubs,' including Baines School decided to work creating visors for NHS workers across the Fylde coast, with materials supplied by Ultimaker's sister company, 3DGBIRE.

Ben and his mum Mrs Johnson (our Baines School Careers Officer), and Mr Cropper in the Creative Arts Department have been working hard to provide equipment to care workers at Blackpool Victoria Hospital, GP surgeries, care homes and pharmacies.



is wonderful to work with Ben, one of our ex-pupils, and use his knowledge of the industry to make these visors.







The visors have been delivered to Blackpool Vic, going to AMU, ward 37 and to ward 6. It was wonderful to read feedback from a nurse and the medical director at the in the Blackpool Teaching Hospitals NHS Foundation Trust in the Blackpool Gazette, they said that the protective masks have made such a difference.

I am also pleased to report that we have donated hundreds of science goggles to the NHS and also our stock of medical gloves to local care homes.

Baines School PE Department Keeping Fit & Healthy at Home

It is important that you keep active whilst learning at home.

REGULAR PHYSICAL ACTIVITY

		
Helps build and maintain healthy bones, muscles and joints	Helps reduce the risk of developing obesity and chronic diseases	Helps to achieve and maintain a healthy body weight.
		
Improves the quantity and quality of sleep	Greater self-esteem and better self-image	Improves coordination and motor skills

The PE department will be setting a series of challenges for you to complete whilst learning at home!

We would like to encourage parents and carers to stay active and join in too.
Share what you are doing with us on Twitter!



Your Task...

Each week you should **complete at least 3** of the challenges ... tick them off as you go!

You then need to **send evidence** that you have completed the tasks to your PE teacher.

The evidence can be in any form you like... **be creative!**

- Send a photo
- Film your workout
- Make a drawing of what you did
- Write it up as an experiment
- Send in data from a smart watch, step tracker, etc.
- Get your parent or guardian to sign-off that you did it

Why not get your family involved too and get everyone doing some exercise!

Use whatever you can find around the house to help you complete the challenges...

If you don't have a 'ball' use a toilet roll.

If you don't have any 'weights' use tinned food.

The Challenges...

Challenge 1

Watch a film/documentary related to sport. Here are some suggestions to get you started...

NETFLIX - Dawn Wall, Icarus, Iron cowboy



AMAZON PRIME – Dodgeball, Coach Carter, Cool Runnings

Challenge 5

Teach yourself to juggle!

Get 3 balls or whatever you can find and have a go!



Do some research to help you find the correct technique.

Challenge 2

Design your own workout – Circuits!

Plan your own 6 station circuit and complete it at least twice this week.



Challenge 6

Design your own workout – Pilates

Do some research and then plan your own Pilates workout and complete it at least twice this week.



Challenge 3

How long can you hold a plank for?

Try and add at least 5 seconds more every day this week.

How long can you do by the end of the week?



Challenge 7

See how many sit-ups you can do today.

Try and add at least 2 more every day this week.

How many can you do by the end of the week?



Challenge 4

Stork stand – how good is your balance?

How long can you stand on one leg for without losing your balance?

Practice everyday and see how much you can improve.



Challenge 8

Alternate wall toss – how good is your coordination?

How many times can you throw and catch the ball against the wall without dropping it... one hand only!

Practice everyday and see how much you can improve.



Challenge 9

Set up your own 10-pin bowling and try and get a strike.
 Get 10 empty bottles, cans, cartons, etc and stand them up in a triangle formation. Roll a ball at them and see if you can get them all down in one go!

**Challenge 10**

Design your own workout – Yoga
 Do some research and plan your own yoga workout and complete it at least twice this week.

**Challenge 11**

How long can you wall sit for?
 Try and add at least 5 seconds more every day this week.
 How many can you do by the end of the week?

**Challenge 12**

Press-up test – how good is your muscular endurance?
 How many press-ups can you do in 30 seconds?
 Practice everyday and see how much you can improve.

**Challenge 13**

Come up with a sport related dance or cheer routine and perform it for your family.

**Challenge 14**

Design your own workout – Aerobics
 Do some research and plan a 10 minute workout that will get you out of breath and your heart pumping. Complete it at least twice this week.

**Challenge 15**

How many steps can you do today, without leaving your house?
 Tip – Most phones have a step counter on them if you look!

**Challenge 16**

Burpee test – How good is your leg strength?
 How many burpees can you do in 5 minutes?
 Practice everyday and see how much you can improve.
 Tip – if you don't know how to do a burpee... google does!

**Challenge 17**

Create your own gymnastics routine and perform it for your family.

**Challenge 18**

Design your own workout – Boxercise
 Do some research and plan a 10 minute shadow boxing workout that will get your heart pumping. Complete it at least twice this week.

**Challenge 21**

How many keepy-uppys can you do without stopping?

**Challenge 22**

Throw a ball up in the air, how many times can you clap before you catch it again.

**Challenge 19**

How many times can you throw and catch a ball with a partner before you drop it?

**Challenge 23**

How long can you balance a ball on your forehead without it falling off?

**Challenge 20**

Speed Bounce – How good is your speed?
 How many side-to-side jumps can you complete in 1 minute?
 Practice everyday and see how much you can improve.

**Challenge 24**

20 Minute Run – how good is your cardiovascular fitness?
 See how far you can go in 20 minutes.
 Tip – You can measure the distance using google maps if you don't have a fitness tracker!



Lancashire School Games Stay at Home Programme

Lancashire School Games Organisers, Active Lancashire and Lancashire Education Authority have been working in partnership to develop the valuable activity resource attached. Each week we will be issuing a timetable of activities which can be completed daily and are broken down into 4 key areas (Move, Challenge, Play and Learn) and is available for 3 different age groups (Year 1 & 2, Year 3-6, KS3/4). The content of the timetable will be changed weekly.

This is a brilliant resource, which is bespoke for Lancashire schools for students and parents to access. The links to the timetables below are also within the document attached. Feel free to use with all of your children at home. I have included the links to the primary pages for you as well.

Year 1 & 2 Timetable

<https://lancshireschoolgames.co.uk/year-1-2-spar-lancashire-school-games-activity-timetable/>

Year 3-6 Timetable

<https://lancshireschoolgames.co.uk/year-3-6-spar-lancashire-school-games-activity-timetable/>

Secondary Page

<https://lancshireschoolgames.co.uk/resources-for-teenagers-secondary-schools/>

Lancashire School Games Day 2020.....STILL TUESDAY 30th JUNE 2020! – message from our local School Games Organiser

As you know, it is around this time each year we start to run a number of qualifying events for schools to go on to represent Wyre & Fylde at the Spar Lancashire School Games which take place at Blackpool Sports Centre. Despite the current landscape within schools, Lancashire School Games Organisers are still working hard to provide innovative competitive opportunities so schools can still compete at a county level in a virtual format whether that be on an individual basis or as a school.

Over the coming weeks we will see a weekly challenge set in each of the 10 sports that would have been featured on the Lancashire School Games day. Each Lancashire School Games Organiser is setting each competition on the Tuesday of the corresponding week with the winner being either:

Best Wyre & Fylde Individual Score - This will go to the best individual attempt from across the Wyre & Fylde Schools for KS1, KS2, KS3 and KS4. Their score will then be compared with the other individual entries from across the county to see if they are the Lancashire champion.

Best Participation Wyre & Fylde School - The school that takes part with the highest number of participants wins.... simple!

All attempts must be emailed to l.cadwallader@cardinalallen.co.uk or posted on either of the social media platforms below by the following Friday Stating your name, year group and school:

FACEBOOK: [@wyreandfyldessp](https://www.facebook.com/wyreandfyldessp)

TWITTER: [@wyreandfyldesgo](https://twitter.com/wyreandfyldesgo)

I will be attempting these challenges myself and sharing full demonstrations.

If you have any questions, then please do not hesitate to contact me and I look forward to hearing from you soon. **Lee Cadwaller-Wyre & Fylde Schools Sports Partnership and School Games Organiser**

T: 01253 872659 | W: www.cardinalallen.co.uk | vle.cardinalallen.co.uk

Careers Update



We had a fantastic opportunity where former student Jake Sproston came to speak to some Year 10 and 11 students who are interested in a career in the medical profession.

Jake completed his GCSEs at Baines last year and has spent the last six months on his new course at college.

He attends Blackpool and Fylde College Monday to Wednesday and is then based at Blackpool Victoria Hospital as part of his cadetship training Thursday and Friday. Jake is aspiring to become a paramedic.

Careers Department - Can you help please?

We have a number of students at Baines who would love to speak to professionals who work in the area they wish to specialise in, for example vets, lawyers, medicine, architecture, engineering etc.

When school re opens and we return to normal, we are hoping to set up a series of seminars, where specialists can speak to a small group of students who are interested in their career. If you feel this is something you could help with, please email Mrs Doherty (Deputy Headteacher) at cdo@baines.lancs.sch.uk

Lancashire Book of the Year

Our students have worked all year on this project which culminated in a small number being invited to attend a special event. Nathan Parker who is a local author spoke at the event, all three students really enjoyed his talk. Our students will now be spending some time reading and judging the final 12 books selected in the shortlist.



Literacy Update - The Radio 2, 500 words competition

We have had some fantastic news regarding the BBC Radio 2 500 Word short story competition. All our year 7's were encouraged to be creative and write their own original 500-word short stories which we submitted to the competition back in February. We have since had news that two of our Year 7 students have made it through to the next round! There were 135,000 entries this year and only 5000 progress on to the next stage. We are very proud of both Darcie and Daisy for their fantastic creative efforts. (We cannot share their story until we receive further information from the competition). We will keep you posted with any further news.

All stories were of an amazing quality; over the next few updates we will share one of the stories. This is Olivia's 500 word story that she submitted:

The Sun by Olivia

The Sun is a curious thing. It hangs imposingly over the world and spreads light and hope to everyone who witnesses it. The feeling of the hot rays on one's face brings a feeling of comfort and warmth to whoever is fortunate enough to feel it. Sometimes casting rainbows after rain bringing happiness to all who see it. Some of my best memories are sitting down and having a picnic, surrounded by loving family and friends on a hot summer's day, enjoying the rays on my arms and legs or sitting in a swimming pool, the water cooling me down. The Sun is a curious thing.

Morning, the most important time of the day, the time where you have charged your batteries and are full of energy. The type of person you are will determine the morning you will have. Morning people will get up early and start their day often with toast and tea whereas night owls will stay in bed for as long as humanly possible. The Sun is a curious thing.

On the other hand, the sunset, my personal favourite time of day, is one of the most beautiful things that our world has to offer. It spreads a sense of peace and tranquillity as you watch it disappear slowly into the horizon. It helps you reflect on the good and the bad as it is quietly consumed by the oceans below. I could watch a sunset for hours as the reds, oranges and yellows sink away into the depths of the unknown. The Sun is a curious thing.

However, at night, as the sun leaves you to rest, some find themselves tossing and turning in their beds. Some find this time relaxing but others find it disturbing. The feeling of the unknown creeping around every corner, the worry that tomorrow something may change your life forever, the silence, so menacing yet calm. Some people often sit in bed wondering about the day ahead worried or anxious. The Sun is a curious thing

Although, my favourite season is surprisingly winter, where the air is cold and thin, because when the sun eventually comes out, you feel lucky and, for only one slight moment, you feel that maybe, the cold has been lifted. The world goes slow and you feel the slight warmth on your icicle of a nose. Though, in Autumn, as the leaves dance above and below you, you dress up in your coat and scarf and run through the leaf peppered fields, laughing and smiling in the mild heat. The sun is a curious thing.

The Sun, the core of our existence, the biggest star in our galaxy, it revolves around our planet Earth and allows us to live our lives. It spreads its warmth to us perfectly, without it, nothing would live, and the world would be a dark, dismal place, with no lives to live, no books to read and no light in which to see things in. The Sun is a curious thing.

Art Update

KS3 art students have produced some stunning work at home, we are very proud to show case these pieces by Year 9 students:



By Chelsea



By Livs

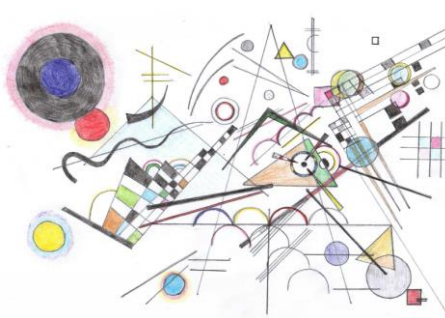


By Rohan

Some stunning versions Kandinsky's work by Year 7 Students:



By William



By Corey



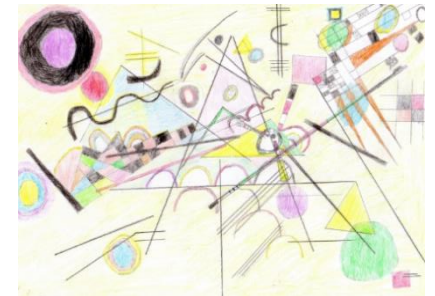
By Rachel



By Nadirah



By Olivia



By Kasey

It is lovely to see such uplifting work, thank you and well done everyone!



Baines Iceland Trip February 2020- Report by Abi, Year 10

This year's Iceland Trip will forever be one of my highlights at Baines School. Everybody on the trip had an amazing time exploring and learning about the beautiful country of Iceland and all the extraordinary things it has to offer. It was amazing getting to know people who we don't usually cross paths with at school and so many of us made lots of new friendships and memories that will last a lifetime. The teachers on the trip were so amazing and they were always doing everything they could to make sure everyone was having the best time. This was truly the trip of a lifetime.

Our adventure started at 10:30 pm on Tuesday 11th of February when we arrived at school and got on the coach for our 4-hour journey to Luton Airport. We stopped at one service station on the way where we all enjoyed McDonald's at 2am, and then soon after arrived at the airport. After getting everyone checked in and through security, we were left to wander round the shops and get some breakfast. We all were exhausted yet so excited to start exploring as soon as we got off the plane. We arrived at Keflavik airport at what felt like 11 at night but was actually only 11 in the morning. Once we all had our luggage and had met up with our tour guide Phil, we got on the coach and departed for the town of Reykjavik.

We were given lots of time to explore the town and we got to see the stunning cathedral, do some shopping and learn all about the town's history. We then went on to the geothermal power plant where we were lucky enough to be taught by one of the geothermal energy workers who gave us an in depth run down of how geothermal energy in Iceland works.

We also got to walk around the exhibit, which was beyond fascinating. After a long day of travelling, exploring and learning we set off to our accommodation in Hvalsvollur called Guesthouse Husid at around 5pm.

The rooms were lovely, and it was so nice to be welcomed into an authentic family home in which food was cooked and prepared for us as soon as we got there. The year 10 girls stayed in the main guesthouse with the boys in the one next door and the rest of the girls stayed in one just down the road. We were lucky enough to have Mrs Mycock in our guesthouse, who (hopefully) didn't mind us talking and laughing until who-knows what time in the morning. (Sorry Miss!)

On the second day of our adventure we were woken up at around 7am and we went down for breakfast at half past, where we were also given the opportunity to make sandwiches for our lunch. Day two was probably the most jam-packed yet fun day, mainly because we did our glacier hike! Everyone was a little nervous beforehand but as soon as we got all our gear on and started hiking, we were loving it. I can honestly say the glacier we walked up is the most beautiful thing I've ever seen, and the view from the top was incredible. It was coming back down it that was hard! After our hike we went on to explore the small town of Vik. When we arrived, it was snowing quite heavily which as you can imagine was very exciting, and this was what started one of our many snowball fights! The year 8s thought it would be funny to attack the year 10s with huge snowballs, so we made it our mission to get revenge on them! We then went on to see where the famous opening for Star Wars Rogue One



was filmed, the Black Sand Beach in Solheimasandur. I can honestly say that I have never in all my life experienced such wild weather conditions, the winds literally blew me off my feet! Unfortunately, we couldn't stay here for long, but we all got a good look at the phenomenon that was the black sand, and the waves viciously crashing against the rocks. Our last stop of the day was the breath-taking waterfall in Seljalandsfoss. It was fascinating to watch as the water fell from the top of a mountain to then turn into ice as soon as it hit the bottom. This is a true reflection of how cold it really is in Iceland! Our last stop of the day was the Lava Centre, which was honestly so much fun. We got to walk through the interactive exhibit and we then were able to watch a film about the volcanic activity in Iceland. We then got back on the coach, exhausted, and set off to go back to the guesthouse where we all enjoyed another home-cooked meal and lots of laughs.

Day three was actually an amazing day despite the fact that we were snowed in. The snowstorm that hit our guesthouse was even wilder than what we experienced on the beach, and there was snow literally up to the handles on the front doors. The teachers who were trying to get to the second guesthouse couldn't even walk in the winds, which was quite funny to watch! All the roads were shut so we were unable to go anywhere, so we made the best of having snow up to our ankles by having a massive snowball fight! We were at it for at least an hour and at least 100 snowballs were thrown. The year 10s all enjoyed making the year 8s pay for their attack on us during the second day and we 100% beat them at their own game! After lunch we then had a snowman building competition, which inevitably ended up in another snowball fight!

Despite day four being our last day on the trip, we all had the most fun. Our first stop was the mud puddles in Krysuvik, which apart from the very strong smell were phenomenal to see. The scenery around the mud puddles was amazing too, there were beautiful mountains covered in snow wherever you looked. We then excitedly got back on the coach and departed for the world-famous Blue Lagoon! This was my highlight to the entire trip, and I have never experienced anything like it in all my life. The Blue Lagoon deserves all the worldwide attention it gets, and the infamous silica mud masks were to die for. We were lucky enough to be given one free drink from the bar and one free face mask. It was so amazing and definitely worth a trip if you get the chance.

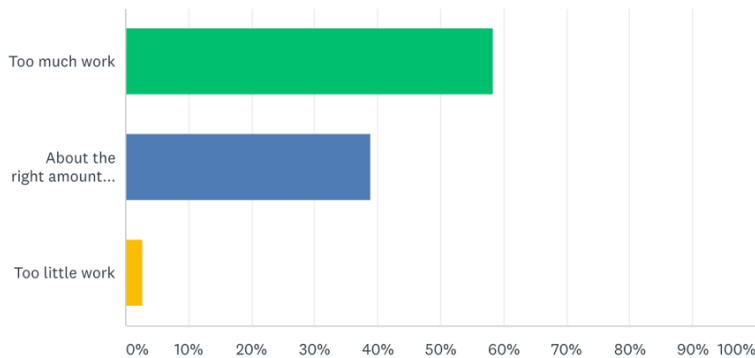
Our second-to-last stop was the geothermal hot spring near to the blue lagoon, which again was amazing to see and learn about. We had to part ways with our tour guide shortly before we arrived at the airport but luckily, we had our own geography expert as trip leader to teach us about this natural phenomenon! Our fourth and final stop before the airport was to the bridge between the two continents of Europe and North America. This experience was a very weird yet exciting one, as we were literally walking from one continent to another in just a few steps which is a very weird concept! After walking from Europe to North America and then from North America to Europe again, we then departed for the airport. This was quite bittersweet because we were all excited to see our friends and families again, yet we didn't want what had been the best trip ever to come to an end! Our experience at the airport was fairly smooth and went by very quickly, and before we knew it we were on the plane back home!

Lockdown survey results

We really appreciate the support that you, as parents/carers, are providing to support your child's education during this period. We know it must present many challenges but hopefully offers a semblance of a routine also.

Firstly, please reassure your child(ren) that we, as teachers, want to do the best to support them and you. We realise that not every student will have access to a laptop throughout the day and we don't anticipate (or encourage) that children will sit in front of a screen all day.

To find out how successfully we were setting work during this Lockdown period we surveyed students in the week before Easter. 39% of students who responded told us that teachers were setting the right amount of work. 58% of students felt that teachers were setting too much. 3% of students said that teachers were setting too little.



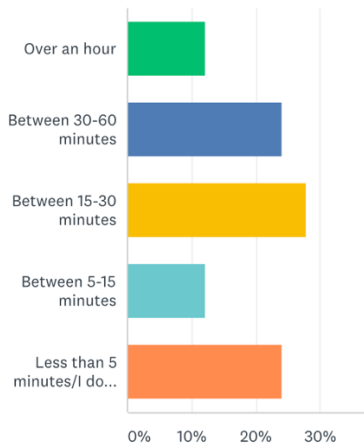
We also asked about the level of the work set. 89% of students who answered stated that they were developing new knowledge and skills across subjects; 3% felt the work was too easy and 8% felt the work was too hard.

One of the big challenges for students during this period of remote learning is how they solve a problem when they come across one. The table below shows that the vast majority of our students are finding different ways to help overcome problems. Finding solutions to problems we can't yet do is a really important part of learning in preparation for life.

▼ I think hard myself to find a solution, trying to remember what I've already learned	50.47%
▼ I use resources to find the answer (internet, books)	80.37%
▼ I ask another student who helps me	33.64%
▼ I ask a parent who helps me	54.21%
▼ I ask a teacher who helps me	40.19%
▼ I give up	10.28%

We also asked about reading. Reading is vital to a child's education and education throughout life. Reading develops vocabulary, it builds writing techniques, it unlocks learning, it develops empathy and it builds resilience and concentration amongst many other benefits. Our survey revealed that many students are reading during the day and hopefully these students are finding this rewarding and enjoyable and will grow as a result. Many other students are not reading as much and we would appreciate it if you encouraged them do find the time and/or build the concentration to read for a sustained period.

Time spent reading each day



To further support your child's remote learning further, please remind your child of the document shared on Class Charts earlier this month, titled 'Websites to Support learning'. This contains a list of websites for every subject put together by your child's teachers to help them.

Tips to promote learning from home:

Talk to your child about what they have learned.

If they can explain what they have learned and how this links with other knowledge, this learning is more likely to stick in the memory. This is one bit of schooling that is hard to replicate away from the classroom.



Encourage your child to work send work to teachers.

Students can send work on Google Classroom or via email; this way teachers can understand what students can do as well as address misunderstandings and offer advice.



Explain to your child that it is ok to not understand something yet!

This is a learning opportunity. Is there prior learning in their books that can help?

Can they find a solution using available digital resources?

They could email their teacher or message them through Google Classroom.



Encourage your child to read for at least thirty minutes each day.

Year 11 Grades

The staff at school are now in the process of following the published guidance to provide information to exam boards that will result in all of our students receiving exam results this summer. The advice from the government has been very clear that, as all students do not have the same facilities and support at home, work that has been done since school closed should not be used for the grading of students as it would disadvantage some. As such, from this point, the teachers have been asked to only provide work

for students in Year 11 that will allow them to sit exams in the Autumn, should they be unhappy with the grades that are awarded in the summer. This also includes vocational subjects.

The grading of students is a big ask for every school and we have spent a lot of time ensuring that our procedures follow the guidance from the government; it is really important that students, parents and carers avoid the temptation to contact teachers in order to influence or gain information about what grade will be forwarded to the exam boards. The staff have been instructed not to engage in this type of discussion. Ultimately, grades provided by school could well be changed (both up and down) by the exam board statistical processes to ensure that this year group is neither advantaged or disadvantaged from the current situation.

It is important that you stay active and that you make sure that you are equipped to take the exams in the Autumn if you wish to, whilst maintaining a balanced approach to life of family time, physical activity and relaxation too!

Proposal to create a Baines Recipe Book

I have been talking to the current President of the Former Pupils Association (FPA) about a Baines community project. You may be aware that there is a History of Baines's Grammar School book that was written by Arthur Paget and published in 1928. We would like to create a recipe book where the recipes have been created by members of our Baines community. In these interesting times, we think that people may be cooking or baking more and therefore perfecting their favourite recipes. If you have a favourite recipe, please email it to Helen Kenyon at hke@baines.lancs.sch.uk. If you have any photographs of the food or story to go with the recipe (or memory linked to Baines) then this would bring the book to life and allow us to share Baines stories with the world.



Public Health England have developed explicit guidance on mental health in the crisis. If you want to develop a personalised plan for supporting your mental health you can also visit the **PHE Every Mind Matters** site: <https://www.nhs.uk/oneyou/every-mind-matters/>, developed in collaboration with the Mental Health Foundation.

If you need to talk confidentially you can call **Samaritans** on **116 123** at any time. We also have a resource on how to get help for your mental health, visit: <https://www.mentalhealth.org.uk/your-mental-health/getting-help>

Do you need urgent help?

If your mental or emotional state quickly gets worse, or you're worried about someone you know help is available.

You're not alone; talk to someone you trust. Sharing a problem is often the first step to recovery. <https://www.mentalhealth.org.uk/your-mental-health/getting-help>

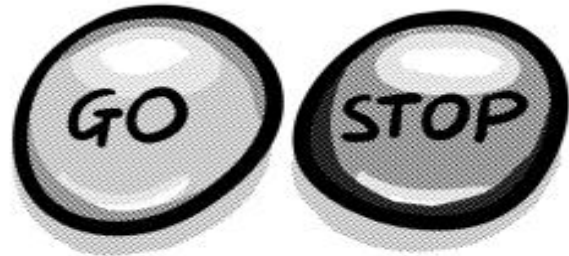
Did you know?



Experts in nutrition stress the importance of healthy diets for ensuring the most effective working of our brains. For example, although caffeine and sugar can provide bursts of energy, consuming these can lead to significant dips in focus and energy. We also know that easy swaps can lead to more balanced nutrition and energy levels, like using wholegrains, nuts and berries.

Having a tidy space can reduce stress and improve productivity. Another way to maximise opportunities for work and reduce distractions is to ensure the space is organised with everything needed for studying: laptop, books, pens and any other equipment. If you want to go a step further, plants are shown to not only create a calm space but also aid concentration.

Many people find approaches like the Pomodoro technique help to increase their levels of productivity as it allows for focused 'work' time for 25 minutes, and then a 5-minute reward break. It is often surprising how much we can actually achieve in short bursts of time when we are fully focused, with no distractions, and know that there is a clear end when we'll get to do something we want to.



What can you do?

Help your child to create a productive learning environment, a quiet space where they can work at a clear surface with as few distractions as possible. Encourage this to be a social media-free space.

Sit down with your child and offer to help them create a timetable of study. Work with them to map out the free time they could use to study and the free time that should be 'work-free' so they can do things they enjoy. Plan out the subjects and units they know they need to work on and schedule these into their 'work' slots. If your child is receptive to doing this together, it can help them to see that they aren't expected to use

all of their 'free' time to study, and that taking breaks and investing time in their hobbies and friends is important and valuable for them and their wellbeing. If possible, when your child is studying, bring them some snacks and a drink to help sustain them.

Encourage your child to prepare – either by themselves or with you – recipes from our Power to Perform recipe cards to ensure that they are eating brain-boosting foods. These recipes have been designed by an expert in the field to ensure that your child has brain-boosting foods and drink at their fingertips.

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better future - brighter hope



Coronavirus outbreak (COVID-19) has taken a lot of us by surprise. Some people have described it as an episode of Black Mirror that they want to turn off, while others have said that they feel like the entire world is upside down.

So where do random acts of kindness come in?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times.

People are coming together to sing on balconies in Italy, others are setting up groups to offer support to the elderly or vulnerable - like collecting groceries or calling them for a chat. We have heard stories of people having virtual movie nights and creating choreographed dances over video chat to share with the world.



We have learnt that amid the fear, there is also community, support and hope

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing. In short, doing good does you good.

Acts of kindness make the world a happier place

The government is telling us to stay at home and only go outside for food, health reasons or essential work, to stay two metres (six feet) away from other people and wash our hands as soon as we get home. This will mean that more of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us.





It will help to try and see this as a different period of time in your life, and not necessarily a bad one, even though you didn't choose it. And there are still lots of things that we can do for other people to inspire kindness in unforeseen times.

Pick an item from the list below

Take action and Share the kindness on social media

Tag @mentalhealth on Twitter and @mentalhealthfoundation on Instagram and Facebook

Use the hashtag #CoronavirusKindness

Get involved with random acts of kindness

Call a friend that you haven't spoken to for a while

Tell a family member how much you love and appreciate them

Make a cup of tea for someone you live with

Arrange to have a cup of tea and virtual catch up with someone you know

Help with a household chore at home

Arrange to watch a film at the same time as a friend and video call

Tell someone you know that you are proud of them

Tell someone you know why you are thankful for them

Send a motivational text to a friend who is struggling

Send someone you know a joke to cheer them up

Send someone you know a picture of a cute animal

Send an inspirational quote to a friend

Send an interesting article to a friend

Contact someone you haven't seen in a while and arrange a phone catch up

Spend time playing with your pet

Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation

Donate to a charity

Lend your ear – call a colleague and ask how they're finding the change in routine

Give praise to your colleague for something they've done well

Arrange to have a video lunch with a colleague

Send an inspirational story of kindness people around the world are doing for others to someone you know

Donate to foodbanks

Offer to skill share with a friend via video call - you could teach guitar, dance etc.

Offer support to vulnerable neighbours

Offer to send someone a takeaway or a meal





Stay Safe Selfie Challenge

We would like ALL Baines members to take a selfie of themselves in lockdown to share via the school Facebook page. Here are the instructions:

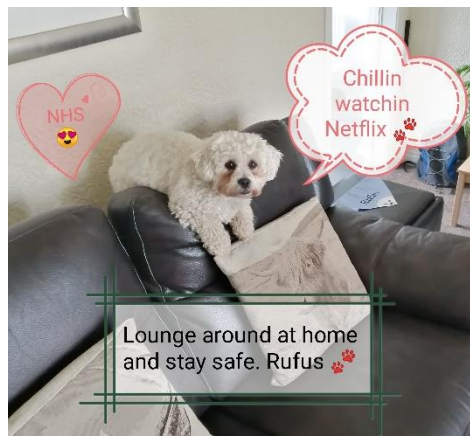
- 1 - Take a selfie of yourself with/without household members
- 2 - Design a homemade sign with a positive message (e.g. Stay Safe) **AND/OR** just take a selfie showing an activity that you are doing during lockdown
- 3 - Once you have taken your picture, send it to Mr Shillitoe via email
- 4 - Email address for Mr Shillitoe = rsh@baines.lancs.sch.uk
- 5 - Check out the school FB next week to see the selfies that everyone has taken (FROM ALL YEAR GROUPS)



WE WANT EVERYONE TO JOIN IN - PLEASE DO GET INVOLVED

CHECK OUT THE SCHOOL FACEBOOK PAGE TO SEE THE STAFF 'STAY SAFE SELFIE' CHALLENGE





Sports Relief

Thank you to everyone who contributed to making Sports Relief such a success. The student council organised a number of events and raised £316.33.

A special thanks must go to the PE staff for refereeing the bench ball games, and all the staff who took part in the splat a teacher!

The winners of the Year 7 Bench Ball tournament were 'All Stars', well done to Caden, Corey, Braydon, Mason, and Ellis, and everyone who took part.

Social Media: what do we know and what should we do?

Information for parents and carers

Did you know?



Research shows that high use of social media is linked to poor mental health. One recent study shows that young adults who used social media heavily were three times more likely to be depressed than occasional users. Another study discovered that young people who exceeded two hours of social media use per day were more likely to claim that their mental health was 'fair' or 'poor' than occasional users.

Sleep is crucial for productive engagement and wellbeing. Research has shown that social media and screen time in general is linked to lower quality of sleep.

Each social media site is able to decide how they protect their users; there is no agreed set of child safety rules to protect young people from the risks. Each site will have its own age ratings, for example Whatsapp has recently set its minimum age to 16 years old. Even YouTube has a minimum age requirement, which is 18, but from 13 years old a child can sign up as long as they have a guardian's permission.

What can you do?



Talk to your child about the positives and negatives of social media. Most young people are very aware of these and know that there are changes they could make to use the internet in general in a healthier way. Being

upfront about our own habits (even any unhealthy ones!) and setting goals together can sometimes help to avoid making it a source of conflict. One key aspect of this is discussing how social media can affect our

reputation through the digital footprint we create for anyone to access.

Encourage screen-free time before bed. If possible, having a family-wide screen-free curfew could help model good use of screens and place value on everyone caring for their wellbeing through winding down activities and increased quality of sleep.

Help your child to spend more time on activities they enjoy and which make them feel good. Perhaps encourage them to re-join a sports team they used to like, take up a hobby that they've expressed an interest in, or spend time as a family doing things together. This could include, for example, family movie time using films your child has recommended, or trips out together etc.

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During lockdown, if you are making any online purchases, it would be great if you could first click the link to our School Angel section on our school website. Then find the company you are hoping to purchase from for example, NEXT, B&Q, Screwfix, M&S. Any online purchases you make through the link on the Baines website

will earn the school a small percentage of the money you spend. This does not cost you any additional money but the companies make a charitable contribution to our school.

<https://www.schoolangel.org.uk/baines-school.html>

As your child will be working a lot online, please use the sheet at the end of this update to ensure you know about many of the Apps that young people are using at the moment.

Final word from me for now– Stay Home, Stay Safe, Be Kind, Share Positivity and Stay in Touch.

Nil Sine Labore

Alison Chapman, Headteacher



FIFTEEN APPS

PARENTS SHOULD KNOW ABOUT

MEETME



MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

GRINDR



GRINDR IS A DATING APP CEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.

SKOUT



SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

TIKTOK



TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

BADDOO



BADDOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

LIVE.ME



LIVEME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.

HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

HOT OR NOT



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.