



Working from Home Policy - Pupils.

Pupils,

It may be necessary from time to time that you might have to work from home.

That might be a big change for you and could be for several different reasons.

Most important to the school is that, firstly, you are fit and well.

If you are well enough to do some learning at home, it would be good for you in a few ways;

- Learning is and should be interesting;
- Keeping occupied is good for your physical and mental health;
- Learning may keep you on track for national and school assessments that may be in the future;
- A good way to keep communicating will fellow students and your teachers.

Your learning can be accessed in many ways and you can be creative.

- Accessing the school office 365 site and your relevant year (you could even look at some of the year above and below if you needed)
- Office 365 can be accessed via:
 - Smartphone**
 - Tablet**
 - iPad**
 - Computer**
 - Laptop**
 - Xbox**
 - PS4**You just need to use the web browser on each of the platforms
- Using email to contact staff and other pupils for support
- Watching films/ documentaries
- Doing quizzes and puzzles
- Reading!
- Listening to podcasts and watching online videos
- Be creative- find things to do yourself with other in your home
- Cooking/ Gardening/DIY with supervision!
- Accessing the Virtual curriculum – you should be completing at least one unit per term.

There are a number of places you can look for resources and support from school.

- School website/ Quick links/ Pupil's Online resources
- Office 365 site <https://stbedes.sharepoint.com/sites/StBedesOffsiteWorking>

In the offsite working website above there will be "Read Me" documents in each area to give you some guidance and support in using the resource.

The school will also use twitter and Facebook in order to share ideas and resources

Your safeguarding, even at home, is very important. So, if you have any worries or concerns follow this guidance;

- Talk and share with someone at home
- You have been given the school email iamworried@stb.lourdesmac.org.uk if you feel you would like to speak to someone from pastoral support. Or you could send a teacher a message though **Teams**
- Jill Wallis, school's Early Intervention Family Support Worker, can also be contacted on jwallis@worcschildrenfirst.org.uk

The following websites and agencies can offer further support for your Mental Health and Wellbeing:

<https://www.childline.org.uk/kids/> or telephone 0800 1111

<https://youngminds.org.uk/>

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258 All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

<https://www.kooth.com/> - online counselling service for young people to help support with their mental health or emotional wellbeing.

<https://www.healthforteens.co.uk/health/about-chathealth/>

Advice for Teens in Worcestershire

Text: 07507 331 750

- Organisation: Worcestershire Health and Care NHS Trust
- Service: Worcestershire School Health Nurse service
- For: Young people aged 11-19
- Response time: Within 24 hours, 9am to 4pm Monday to Friday (except bank holidays)

