



Ark Greenwich Free School

Weekly Parent Bulletin

Friday 13th November 2020

*“There is sufficient evidence that this school could now be judged **OUTSTANDING**”*

Message from the Headteacher

Dear Parents and Carers,

Over the course of the next three weeks each family will receive a phone call from their allocated key member of staff. The aim of these calls is to keep in touch with our families and ensure you have the support you need during these difficult times. It's also an opportunity for you to give us any feedback so we can celebrate success and act promptly to resolve any potential concerns you might have.

I would also like to take this opportunity to remind you of some important upcoming dates and events:

| Date | Event | Further information |
|-------------------------------------|--|--|
| Thursday 19 th November | Whole school remote learning trial day | All scholars are working from home via live Microsoft Teams lessons. Click here or further information. |
| Monday 23 rd November | Year 7-10 assessments commence | Click here for KS3, here for Y9 and here for Y10 information. |
| Tuesday 24 th November | Year 11 mock results evening | This is a live remote event via Microsoft Teams starting at 6pm. Click here for further information. |
| Wednesday 25 th November | Year 11 remote parents evening | School closes early at 14:00. This is a live remote event via Microsoft Teams. Click here for further information. |
| Friday 4 th December | Ark wide network day | School closed except for community classrooms. Please email reception via info@arkgreenwich.org if you would like your child to attend. |
| Friday 11 th December | Year 7-10 inset day and Year 11 rewards trip | School closed. Click here for further information on the Year 11 rewards trip. |

Thank you as always for your ongoing support.

Mr Spiers
Headteacher

Children of Key Workers

As we prepare for all eventualities with a potential upcoming school lockdown, we recognise that we have a number of key workers whose children may need to participate in community classrooms. If the upcoming Remote Learning Day (19th Nov) or Ark Inset Day (4th Dec) impact you as a key worker, please contact Ms Gainey at vgainey@arkgreenwich.org in the first instance.

Nasal Flu Vaccine Clinic Tomorrow, 14th November

If your child did not receive the nasal flu vaccine in school last term, and you'd like them to receive this, Oxleas is holding a clinic for children in reception to year 7 on Saturday 14th November at [Erith Fire Station, DA17 6HR](#) from 10:00am—2:00pm. For further details or to book, please call 0208 3205741/42/21.

Protect your child, protect your friends, family and community

- Nasal flu spray is painless and easy
- The nasal flu vaccine is given every year to protect against 4 strains of circulating flu
- Protecting your child can stop flu spreading and infecting those around them who may be more vulnerable
- The nasal flu spray is safe and has been given to millions of children worldwide

For more information, contact the Oxleas NHS Immunisation Team at oxl-tr.immunisations@nhs.net or visit www.oxleas.nhs.uk/immunistaion and www.nhs.uk/child-flu

Free School Meals Eligibility

The Government has temporarily extended eligibility for free school meals to groups with no recourse to public funds. The income threshold for these groups is higher (£16,500 after tax) than the income threshold for standard eligibility. If you now meet this threshold, please apply for FSM via the borough [here](#).

Year 10 and 11 GCSE Revision Guides

To support y10 and 11 scholars with revision for their end of term and mock examinations, all departments have specified a recommended revision guide. A list of the recommended revision guides can be found here: <https://tinyurl.com/Revisiononapage>.

The school is able to offer these revision guides at cost price and scholars in receipt of the Pupil Premium Grant will receive them for free. To purchase revision guides from the school, please fill in the attached form and send to finance@arkgreenwich.org no later than 30th November at 8am.

Quick Wins to Stay Well this Winter

- Exercising daily—moving your body for even 30 mins daily has massive impacts on both physical and mental health.
- Get quality sleep—scholars should get good rest each night, going to bed no later than 9:00pm.
- Eat a healthful breakfast—a heart breakfast like porridge with fruit will give a slow release of energy throughout the day to keep you in top form.
- Digitally Detoxing—having time away from the screen in the mornings and evenings will give your eyes necessary breaks and will help you sleep better at night.
- Take a daily multi-vitamin to support immune health
- Keep warm—as the seasons change, be sure to bundle up accordingly. Scholars are encouraged to wear a coat, scarf, hat and gloves to avoid catching cold.
- Eat the rainbow—challenge yourself to eat a range of colourful fruits and vegetables to get the nutrients you need.
- Wear a mask and use hand sanitiser—this advice is as important as ever as we go into flu season.

Wellbeing Workshops

In these unprecedented times, we recognise that young peoples' mental health requires more attention than ever. It's for this reason Ms Towler has been setting up a series of workshops to tackle some of the common issues that our scholars may face.

Feedback from scholars who took part in the first workshops has been incredible, with more than half asking to join more sessions in the future. It is very encouraging that so many of our scholars are engaging with this support on offer.

Tutors and other members of staff have made recommendations of those who would benefit from one or more of these groups, but if you would like your child to be added to the waiting list, please refer to the calendar of events and contact Ms Towler directly (Jtowler@arkgreenwich.org) with the particular workshops that you and your child have in mind.

| NOVEMBER | | | | | | | DECEMBER | | | | | | | JANUARY | | | | | | | | | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|---|--|--|--|---|---|---|---|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | | | | | | | | |
| | | | | | | 1 | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | | | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | | | | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FEBRUARY | | | | | | | MARCH | | | | | | | APRIL | | | | | | | | | | | | | | |
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | 1 | 2 | 3 | 4 | | | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | | | | | |
| | | | | | | | 29 | 30 | 31 | | | | | 26 | 27 | 28 | 29 | 30 | | | | | | | | | | |
| MAY | | | | | | | JUNE | | | | | | | JULY | | | | | | | | | | | | | | |
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | | | | | | | | |
| | | | | | | 1 | 2 | | | | | | | 1 | 2 | 3 | 4 | | | | | | | | 1 | 2 | 3 | 4 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 28 | 29 | 30 | | | | | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | | | | |
| 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |


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|---------------------------|
| MANAGING STRESS & ANXIETY |
| SELF-ESTEEM |
| BODY POSITIVITY |
| YEAR 11 EXAM STRESS |
| RESILIENCE |
| MINDFULNESS |
| HOLIDAY WELLNESS |
| MANAGING ANGER |

WisePay Update and Cash Loader Delay

Recently we had some isolated reports of issues with WisePay. These issues have now been resolved. Should you have any issues logging in, please email Ms Cashford at ccashford@arkgreenwich.org. Please note, there is a slight delay with one of our cash loaders at school, so amounts are not updating immediately, however funds are being credited to accounts with only a few minute delay.

COVID-19 Symptoms

The symptoms of Covid-19 include a high temperature, persistent new dry cough and loss of smell or taste. Scholars should isolate if they have any or only these symptoms. Seek assistance from 111 if needed. [The most recent Government Guidance for parents is available via this link.](#)

Congratulations to the 'Students of the Week' for showing their commitment to our school values! 

| | |
|---|--|
| 1 | Joy Beesley, 7W |
| 2 | Augustas Fominychas, 7N |
| 1 | Brishauna Mally, 8H |
| 2 | Idris Yusuf, 8S  |
| 1 | Alhussen Thullah, 9W |
| 2 | Gasmen Berisha, 9W |
| 1 | Rukky Onakpovhie, 10H |
| 2 | Safira Oliveira, 10N  |
| 1 | Danny Huynh-Nguyen, 11G |
| 2 | William Bui, 11G |

Post-16 Open Events Coming Up

- [CTK St Mary's](#) are holding their virtual open event on Saturday 14th November 9.30am-1pm
- [Haberdashers Aske's Academy Hatcham](#) virtual open event Saturday 14th November
- [LSEC](#) are holding their post 16 open event between 17th & 19th November
- [Haberdashers Aske's Academy Crayford](#) open event Tuesday 17th November 4pm-7pm
- [CTK Emmanuel](#) are having their virtual open event on Saturday 21st November 9.30am-1pm
- [Bexley Grammar School](#) virtual open event on Monday 23rd November
- [Beths Grammar School](#) virtual open event Monday 23rd November
- [Townley Grammar School](#) virtual open event Monday 23rd November

Please note, these dates may be subject to change. Parents and carers are advised to contact the post-16 provider to assure correct information.

Year 10 Work Experience

Scholars in Y10 must continue to be proactive in their search for a suitable WEX placement with employers and securing their placement for completion in September 2021.

All Y10 scholars are reminder that they need to create their account for WEX on the ConnectEd App by **Friday 27th November**. Details have been sent direct to the scholars' school email account on how to do this from our WEX provider Changing Education. If any scholars are experiencing problems downloading the app, please contact Mrs Neville who will be able to assist you at ineville@arkgreenwich.org.

AGFS Alumni Notice– Sutton Trust US Applications Now Open

The Sutton Trust US Programme are now accepting applications to their free programme. You're eligible if you:

- Are currently in Year 12
- Attend and have always attended a state-funded school or college (i.e. non-fee paying)
- Not hold US Citizenship
- Be from a low or middle income family (household yearly earnings of £45,000 or less)
- Have excellent GCSE grades (either achieved or close to at least 8 GCSEs Grade A or 7 or above)

We encourage any interested applicants to research further at us.suttontrust.com and contact Ms Linn at jlinn@arkgreenwich.org should you have any questions.

School Communications

Don't miss out on communications coming from AGFS! All school emails are saved [here](#). To make sure you never miss a notification, sign up to our free Xpressions App. More details are attached to this bulletin. Please note, text replies to school messages go unmonitored. Please communication with the school via the normal channels at 02083193692 or at info@arkgreenwich.org. Also follow us on LinkedIn and Twitter at:



@ArkGreenwich



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What to Do With Covid-19 Scenarios

We want our families to know what to do if they come into a scenario where they confront Covid-19. Please read below for such scenarios. To get a corona virus test visit <https://www.gov.uk/get-coronavirus-test>. To inform the school always call reception or email info@arkgreenwich.org.

| What to do if... | Action needed... | Return to School When... |
|---|--|--|
| ...my child has COVID-19 symptoms | <ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Self-isolate the whole household - Get a COVID-19 test - Inform school immediately about the test result | ...the test comes back negative. |
| ...my child tests positive for COVID-19 | <ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Agree an earliest date for possible return. (Min 14 Days) - Self-isolate the whole household | ...they complete 14 days (min) isolation and feel well enough to attend. |
| ...my child tests negative | <ul style="list-style-type: none"> - Contact school to inform us - Discuss when your child can come back (same/next day) | ...the test comes back negative or your child is well enough to return. |
| ... my child is ill with symptoms not linked to COVID-19 (runny nose and/or sore throat). | <ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Check temperature and for symptoms of COVID-19 - If no COVID-19 symptoms, agree an earliest date for possible return | ...they feel better and have no signs of illness for 48 hours |
| ...someone in my household tests positive for COVID-19 | <ul style="list-style-type: none"> - Do not come to school - Contact school to inform us - Self-isolate the whole household - Household member to get a COVID-19 test - Inform school immediately about the test result | ...the child has completed 14 days quarantine. |
| ..NHS test and trace has identified my child as a close contact of someone with symptoms or confirmed COVID19 | <ul style="list-style-type: none"> - Do not come to school - Contact school to inform us -The student and household member must self - Isolate for 14 days | ...the child has completed 14 days quarantine. |