



NEWSLETTER

DEAN TRUST Rose Bridge

Dear Parent/Carer,

The government recently announced their intention for all children to return to school in September and I have written to you separately to outline our plans. In principle we will try to operate as normal as possible while ensuring we meet the Government health and safety guidelines. The first week in September will be given over to inducting our school to a new way of working.



James Haseldine
Executive Headteacher

- Tuesday 2nd and Wednesday 3rd September INSET (School closed to pupils)
- Years 7 & 11 only will be required in school on Thursday 3rd September.
- Years 8, 9, and 10 only will be required in school on Friday 4th.
- All year groups will then return on a full-time timetable on Monday 7th September.

The school day will remain the same. Pupils will also have a dedicated entrance and exit for their year group. We ask that pupils arrive not earlier than 8:30am for the 8:45am start using the entrances as indicated in the letter.

This being an 'unusual' year would be somewhat an understatement. The efforts of staff has been phenomenal over lockdown. I also must pay particular thanks to Manchester United Foundation who made a significant financial donation to support some of our families who struggled more than most during lockdown. Despite the unusual year, what doesn't change is that pupils move on to pastures new. I wish all Year 11 pupils every success in their results this summer and extend my very best in their new journeys to local colleges and apprenticeships. You will all be missed. As promised we will still be trying our best to get everyone together for a leavers celebration.

We also say goodbye to Miss Whinnett and Mrs K Green. Thankyou for your efforts for our children and we wish you every success.

I also have the sad duty to report that one of our lunchtime staff at Rose Bridge sadly passed away last week following a serious illness. Angie Baynham was one of our lunch time staff at Dean Trust Rose Bridge. Angie worked right up until lockdown started. We have passed on our deepest sympathy to the Baynham family.

Finally, I am delighted to announce that Miss Cropper our Deputy Headteacher will be taking on the role of Head of School at Rose Bridge from September. Miss Cropper will do a tremendous job. I will be spending more time at Dean Trust Wigan in September to help the school continue to improve but I will still retain responsibility for Rose Bridge and I will be here each week to help Miss Cropper and the team.

Best Wishes.

Mr J Haseldine

Year 10 Learners of the week

A huge congratulations to our Year 10 winners this week. You were nominated by staff for your hard work and commitment to your studies. You are a credit to your year group, well done! You will receive your certificate in the post.

- Lucy Hilton
- Amy Williams
- Lauren Barnes
- Catherine Rhodes
- Abi Lancaster
- Kiera Pover
- Alfie Morgan



English

Ultimate English Extravaganza

The Ultimate English Extravaganza has been a roaring success! We have had entries from students across KS3 showing off their creative and analytical skills - even some of the DTRB staff have joined in! Staff and students have taken part in themes such as Extreme Reading, Hope, Poetry and Positive News! We have also taken opportunities to celebrate World Environment Day, National Writing Day and Alice's Day (from Lewis Carroll's famous novel Alice's Adventures in Wonderland), World Chocolate Day and World Emoji Day!

All entries can be seen on the English Department Twitter @DTRB_English or search for #UltimateEnglishExtravaganza ! Each entry has earned students 5 praise points and the student with the most entries by Sunday 19th July will win a £20 Amazon Voucher! The winner will be announced on Monday 20th July - good luck and thank you to everyone who has been involved!

Word of the Week:

Appreciative adjective

feeling or showing gratitude or pleasure.

Challenge 1: Can you think of synonyms* for the word 'appreciative'?

Challenge 2: Write a letter to someone you're appreciative of.

**synonym = a word with the same or similar meaning.*

Hyphens & Brackets

Hyphens are used to link compound words like:

X-ray

Vice-president

Brother-in-law

Task 1: Can you think of any more hyphenated words like these?

Task 2: Do you think you can add to this list of common prefixes

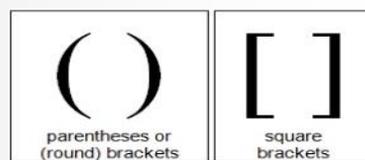
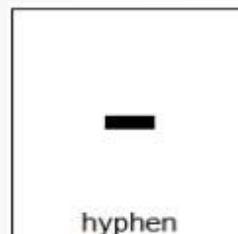
(the bit *before* the hyphen)?

non-
low-
head-

Brackets (parentheses) are a very common way of adding extra information to a sentence.

Task 3: Can you insert the brackets into these sentences?

1. Charles Dickens 1812-1870 was the most popular author of the Victorian era.
2. Cristiano Ronaldo Captain was man of the match against Spain.
3. Our school Dean Trust Rose Bridge is the best in Wigan.



PE Department Stars of the Term:

The following pupils have been recognised for their efforts and engagement with their PE home learning during lockdown so far. Following on from the success of our **Race for Life at Home** event, we recently launched **National School Sport Week from Home**, featuring a series of practical challenges for pupils to complete at home with their family members, in association with the Youth Sport Trust. Admittedly, some challenges were not typical of our more traditional sports day at Robin Park, instead using everyday household items whilst still at home. The daily events included welly wanging, egg and spoon race, wheelbarrow race, fast clap throwing and a sack race! A special mention goes to **Chloe Pennington** and **Amy Rourke** for including younger siblings and family members into their home learning which has been fantastic to see a real team effort. Additionally, we would like to recognise the progress on individual fitness plans that **Sam Miller, Frankie Barnett, Elise Pennington and Milly McGroarty** have worked so hard on – again putting family members through their paces! A big well done to you all and keep up the great work!



Home Learning Challenge: PE Bingo!

Last week's KS3 PE home learning challenge comprised of a competition with a Bingo theme – where pupils could tactically select the tasks they perform in a bid to complete a 'line' on the bingo grid shown. Every time a pupil completed a line, they received entries into a prize raffle to win one of three £10 shopping vouchers for **One4All**. The more entries, the more chances to win! We received some fantastic videos and photos as evidence of our pupils in action.

Complete as many squares as possible. Aim to complete ROWS or a HOUSE!



Practical BINGO!!!

<p>25. Complete a #Run5KforNHS.</p>	<p>24. 'Fuel an Athlete'. Take pictures of food around your home for a day of eating for an athlete (breakfast, lunch, dinner and snacks). Please note you do not have to cook foods.</p>	<p>23. Complete: 20 Burpees 20 Press Ups 20 Sit Ups 20 High Knees</p>	<p>22. Watch 'Living the Dream with Trent Alexander-Arnold'. Link: https://www.youtube.com/watch?v=pS-PkC-Dh4I</p>	<p>21. Complete a Skill Drill for a sport of your choice. (e.g. football – how many keep-ups without dropping the ball).</p>
<p>20. Watch sports greatest moments. Link: https://www.youtube.com/watch?v=7WZ0VE1Q4I</p>	<p>19. Walk for 3km with a member(s) of your family.</p>	<p>18. Create and complete a home circuit with members of your family.</p>	<p>17. Hold the plank for 1m 30s.</p>	<p>16. Complete: 10 Burpees 10 Press Ups 10 Sit Ups 10 Star Jumps</p>
<p>15. Complete a 2km run with walking intervals.</p>	<p>14. Create your own trick shot (i.e. throwing a tea bag into a mug from a distance, remember to celebrate)</p>	<p>13. Hold the plank for 1 minute.</p>	<p>12. Explain one reason why sport is good for building social skills.</p>	<p>11. Watch 'the benefits of sport'. Link: https://www.youtube.com/watch?v=hmFQqjMF-fQ</p>
<p>10. Complete: 5 Burpees 5 Press Ups 5 Sit Ups</p>	<p>9. How long can you stand on one leg for without falling or putting your foot down?</p>	<p>8. What are the 5 colours of the Olympic Rings?</p>	<p>7. Run 1km.</p>	<p>6. Complete a #EwithJoe.</p>
<p>5. Hold the plank for 30 seconds.</p>	<p>4. Walk for 1km with a member(s) of your family.</p>	<p>3. Watch the science behind one of the world's best footballers - Cristiano Ronaldo https://www.youtube.com/watch?v=33rheG2A0</p>	<p>2. Sit for 3 minutes in silence, focusing on your breathing (in through nose, out through mouth).</p>	<p>1. How many star jumps can you complete in a minute?</p>

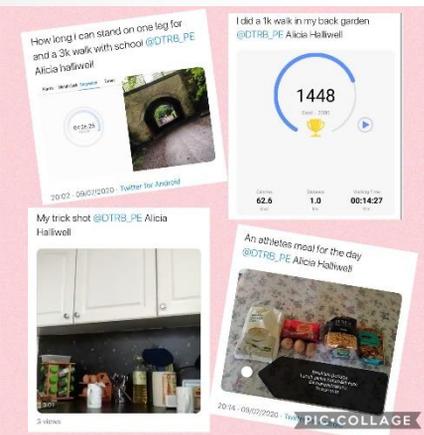


Follow us... @DTRB_PE

Frankie Barnett

Elise Pennington

Alicia Halliwell

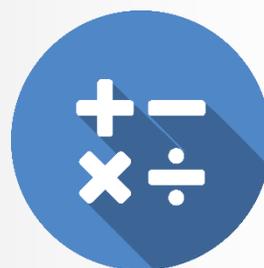


Ince Primary Visit

A member of our maths team will be visiting Ince Primary next week for some transition sessions with year 6, we have planned some fun and exciting activities for the children to complete, these include maths sums BINGO and a combination cracker. We can't wait to meet some of our new year 7's and this will provide us with an excellent opportunity to get to know some of them better.

100% Book

We will be sending home some transition work for our new year 6's to have a go at over the summer, these will help to consolidate some of their learning and give them an idea of what to expect when they start at Dean Trust Rose Bridge.



Mathematics

Reminder that all class teachers have set weekly homework tasks on mathswatch to complete. Log in details are as follows: To log onto mathswatch pupils should go to this site:

<https://vle.mathswatch.co.uk/vle/>

Then to log on it is different for each year group but only slightly (all start with r then the year they finish school then surname and first initial) See the examples on the right.



Year 7

Username: r24banksk@rosebridge

Password: r24banksk@rosebridge

Year 8

Username: r23banksk@rosebridge

Password: r23banksk@rosebridge

Year 9

Username: r22banksk@rosebridge

Password: r22banksk@rosebridge

Year 10

Username: r21banksk@rosebridge

Password: r21banksk@rosebridge

Geography

As everyone is aware the geography department are a little obsessed with David Attenborough and his fantastic work over the years. It won't come as a surprise that we are very excited that he has developed a range of lessons on BBC Bitesize/iPlayer for pupils to access. We would like year 7 in particular to focus on the 9-11 section and watch the following sections:

- The world
- Maps
- Ocean Currents
- Weather and fish



Maps and location in particular are a key geographical skill that, as a geography you need to be confident in.

Where can you watch Sir David Attenborough's Bitesize lessons?

The lessons will be available on BBC Bitesize Daily, and on the Red Button and BBC iPlayer.



Dates for the diary:

ENDANGERED SPECIES DAY:

This past month as seen Endangered Species day. A time when it is highlighted to the world just how many species need support do to threats from both human and physical events. National Geographic have documented a range of famous photographs taken of such species. Head to their website to view.

<https://www.nationalgeographic.com/animals/2020/05/national-geographic-photographers-choose-favorite-endangered-animals/>

WORLD POPULATION DAY:

Have a look on the below website to watch the population increase right before your eyes! It also has key information on birth and death rates. Have a go, it's very interesting!

<https://www.worldometers.info/world-population/>

Science

As we come to the end of the academic year Team Science has reflected on highlights from 2019-2020, despite it being somewhat shorter than normal we still packed lots of activities in.

Mrs Lane's highlight were the baby chicks from Science Week, she was very sad to see them go and contemplated sneaking them home!

Team Science also loved getting involved in dressing up, with some of us (Miss Green) needing no excuse. Mrs Gibbs however just loves fancy dress and really threw herself into dressing as the most tattooed woman for world book day and allotropes of Carbon for Science Week.

Miss Green got stuck into testing plastic bags with her year 9's and worked on turning everyday recyclable items into famous landmarks. Mrs Green really engaged her students and those of Awe and Wonder club with some truly weird and wonderful practicals including making slime and lung dissections, which was not for the faint hearted.

Miss Miller has too many fantastic moments to share but wants to wish team science, including the wonderful technicians, a fantastic summer break and a massive thank you to everyone for making her first year at Dean Trust Rose Bridge truly memorable. But alas it is with a heavy heart we have to say goodbye to Mrs Green as she moves on to her next adventure. Good Luck and keep wearing all the colours.

Have a great summer and cannot wait to see you all in September!

Miss Miller's picks for science over the summer for extra science knowledge and activities -

<https://www.stem.org.uk/home-learning>

for what to look out for in the night sky in August -

<https://www.nationalgeographic.co.uk/space/2019/08/perseids-peak-and-more-top-stargazing-events-august>

searching for local wildlife -

<https://www.wildlifewatch.org.uk/seasonal-wildlife/summer>



History

Members of the History department have been trying to solve historical mysteries. Here is one they would like to share with you.

The Lost Colony of Roanoke

In history we study events from the past. Some of these are mysteries and despite many investigations, we just can't solve. This is the mystery of a colony called Roanoke. It was founded in the 16th century and Queen Elizabeth I gave permission for the mission, granting a charter (similar to a contract) to Sir Walter Raleigh to establish a colony. Raleigh was asked to discover all the "remote heathen and barbarous lands," and bring riches from the New World (America) back to England. He was asked to set up a military base, to stop the activity of the Spaniards, who were also set on taking resources from the Americas. After a few initial exploratory expeditions, during which contact with two native tribes had been made, and a few bases had been established, Raleigh sent 115 colonists (people) to set up a colony on the Chesapeake Bay. The colonists were led by John White, a friend of Raleigh's who had been on one of the previous expeditions to Roanoke.

The colony was established and peace was made between the settlers and the Croatian people. A baby was even born to White's daughter, the first child to be born in North America, named Virginia Dare. As the year wore on, however, the settlers realised they were running out of supplies. John White, who had been named governor, was asked and chosen to sail back to England, and to return with supplies. Upon his arrival in England, though, it became clear that he wasn't going to get back to Roanoke anytime soon. A major naval war had broken out, and Queen Elizabeth commanded that all ships be used to confront the Spanish Armada. For three years, White fought in the war. Then, he was finally permitted to return to his colony.

But when he returned, the colony was nowhere to be found.

Not a single person remained at the colony and there was no sign of any struggle to indicate they had been raided. In fact, all of the houses had been taken apart, which suggested that there had been no rush to leave.

Before he left, White had instructed the colonists that if they were ever in danger, or forced out or attacked, that they should carve a Maltese cross onto a tree or a fence post.

All that was left behind was the word "CROATOAN" which was carved into a post of the fence that had been built around the village. The letters C-R-O were also found on a nearby tree.

There are a few theories.... Most historians believe that the colonists, running desperately low on supplies, turned to a local Native American tribe, the Croatian people, for help, and eventually moved into their society. This theory holds the most merit, as it accounts for the word carved into the tree, as well as for the dismantled homes.

Other historians have suggested some less likely scenarios, such as Spanish invasion, murder by other Native American tribes, and even mystical explanations for the disappearance, though, of course, none of them have been proven.



What do you think may have happened? There are several films and documentaries on You Tube to find out more about this historical mystery.



History is rooted in the future.

Historical events

July

21st July 1969

The Eagle lands on the moon and N Armstrong is the first man to take a powdery step on the moon

28th July 1540

Henry VIII beheads T Cromwell and marries C Howard on the same day

30th July 1966

England defeat Germany 4-2 in the World Cup

History in the future

Here are some of the topics that you will study in September. Research the main events or individuals and use your research to create a timeline, a costume or even a meal from the time period.

Year 8 – The Tudors

Year 9 – The Suffragettes

Year 10 – Crime, policing and punishment in the 20th century

Year 11 – Weimar and Nazi Germany

Spanish

Spanish Department Home Learning:

With lock-down still on-going we still have a rare opportunity whereby we have a little extra time we could focus on learning a new skill and spending some quality time with our loved ones. On that note we have set a second recipe challenge on twitter (@DTRB_MFL) for you to have a go at. Please tweet any pictures of your efforts to our account!

DTRB_MFL @DTRB_MFL · 36min

Una receta para este fin de semana... algo un poco mas dulce. pruebalo y haz una foto y tuitearla a @DTRB_MFL

Recipe for the weekend... Something a little bit sweeter 🍩
bbcgoodfood.com/recipes/churro...

Have a go and tweet a picture to @DTRB_MFL



Churros with chocolate dipping sauce
Try a fresh spin on doughnuts by piping them Spanish-style and serving with a thick and indulgent ...
bbcgoodfood.com

My Life During Lockdown

Another opportunity to practice some Spanish! Look at the vocabulary below, here is what you can do:

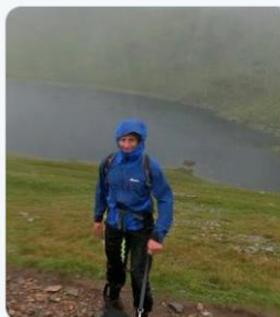
- Learn the vocabulary using flashcards.
- Test your family and learn them together.
- Create pictures and caption them with Spanish sentences.
- Create a diary entry in Spanish.
- Tweet a picture of yourself with a caption to @DTRBMFL

DTRB_MFL @DTRB_MFL · 22s

Un reto nuevo... 'Que he hecho durante el confinamiento' (A new challenge... 'What I have done during lockdown)

Tweet your photos to @DTRB_MFL

Example: "Durante el confinamiento hice mucho deporte, fui a las montañas con mi perro"



Aprendí a... I learnt to	Coc Bail Cos Toc Toc Hab
Pasé tiempo con... I spent time with	Mi f Mis Mi r Mis
Todos los días... every day	vi la jug com hice ayud Hice Me
Nunca... never	

Transition

On Wednesday afternoon some pupils visited Dean Trust Rose Bridge for an additional transition event. We had an exciting time exploring the school building and getting used to the new one-way system. Washing hands and using the foot pump to operate the tap was quite a challenge for some, come September they will be multi-tasking like a pro!

The pupils had the opportunity to work with staff who will be supporting them in September and it was lovely to see their confidence grow throughout the afternoon. Mrs Kelly, Miss Green and Mr Lowe are really looking forward to seeing you all again soon



SEND Support

As part of the planning towards schools re-opening to all pupils, the Local Authority are consulting with young people with SEND and their parents and carers. They would like to hear the views of young people with Special Educational Needs and Disabilities (SEND) and their parents and carers. We would appreciate it if you could complete the relevant survey in order to develop areas that matter to young people and their families.

Links to the surveys can be found on the school website.

Survey for Parents and Carers of Young People with SEND

<https://www.surveymonkey.co.uk/r/Covid2020SEND>

Survey for Young People with SEND

<https://www.surveymonkey.co.uk/r/N93JK9D>

We hope that you have found your Home Learning Packs useful. English and Maths have set summer project work on Class Charts and have printed copies which are outside of school for collection. There is also a lot of useful information on our website as well as direct links to GCSE Pod. Please visit the Home Learning Section under the Parent/Pupil tab of the website for further information.



Why not visit the School Games website. There are lots of free resources to help keep you fit and active!
<https://www.yourschoolgames.com/>

Uniform

Slaters is now open for school uniform, please make an appointment if you need to purchase any items.



Summer Safety

- Free, safe and anonymous support for young people – Kooth – www.kooth.com
- Mental health support - Mind - www.mind.org.uk/
- Food parcel support – To make request support please call 01942 705 221
- Safeguarding advice and guidance for parents and carers by the Department For Education - www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online
- Young carers Wigan – www.walyc.org.uk or call 01942 679352
- Domestic violence support Wigan - www.wigan.gov.uk/Resident/Crime-Emergencies/Domestic-Abuse.aspx , call Monday – Fri 7am-7pm Wigan and Leigh Domestic abuse helpline 01942 311 365, or call the National 24 hour support helpline on 0808 200 0247

Challenging Behaviour: Supporting your Loved One at Home



You may experience an escalation in behaviour that challenges during the time you and your family are together. We know that many children and adults find changes to their routines very difficult. We do not underestimate the impact being confined to your home will have on you and all members of your immediate family. It may be helpful to think about the following if you begin to see a change in the behaviour of your relative:

- 1) Has my relative developed any physical health problems? It is important to check this out as physical health needs can be overlooked. For more information please see our information sheet on Health and Challenging Behaviour.
- 2) Consider if environmental changes are having an impact and how you might be able to alter these: for example, is it noisier, hotter, are there more people than usual in the house?
- 3) Can I control or reduce setting events (or triggers) i.e. things that happen in the environment or in their body that might make behaviour that challenges more likely to happen?
- 4) Try to let your relative have as much control as possible about things that are in their control. E.g. how much to do of something or where to do something.
- 5) Is the person's Positive Behaviour Support plan up to date? Is their Communication Passport up to date? Follow this link to see a good example of how to build one: <https://vimeo.com/364781207>
- 6) Communication systems need to be in place- e.g. if a communications system is used at school then try to ensure it continues now. People should have maximum support with their communication.
- 7) It may be helpful to try and work out what the change in behaviour is "saying" so you have a better chance of meeting that need. Do they want: - positive attention - something tangible - a DVD, sandwich, drink? - to avoid doing something (offer an alternative if so) - sensory feedback.
- 8) Consider how you might introduce a new routine: - think about activities you may wish to introduce - think about activities that can replace the usual daily activities.
- 9) What can you include from other routines that will be familiar to the person - choose an activity that you can continue on a daily basis so you can build a new everyday programme together (e.g. if you start cooking, you may not be able to cook everyday) - it is important that a new routine is followed through in the same way each time.
- 10) Provide as much free access to things the person enjoys, increase their access to preferred activities. These are short term changes to accommodate a crisis. At this time of change and increased anxiety consider reducing demands and expectations. E.g. usually your son/daughter may be able to do XX independently, but currently may need more support because the circumstances are different. Further guidance can be found here on our information sheet 'Positive Behaviour Support Planning'

Advice and information for parents

Anxiety



What is anxiety?

Anxiety is our body's reaction to stress. The release of the hormone adrenaline causes a 'fight or flight' response so that we are alert and ready to react to the stress. While anxiety can feel unpleasant, it is also useful and helpful when we face new or challenging situations.

How much anxiety is 'normal'?

All children and young people get anxious at times. This is a normal part of their development as they grow up and develop their 'survival skills' for facing challenges in the wider world. Some people are just naturally more anxious than others, and are quicker to get stressed or worried. Don't underestimate the impact of anxiety on your child, nor overlook the effect of their anxiety on your whole family. If you think your child's anxiety is getting in the way of their day to day life, slowing down their development, or having a significant and negative impact on their schooling or relationships, it is important to help them tackle it.

What does anxiety feel like?

Anxiety causes a number of reactions in the body, which can feel very unpleasant: They include: Feeling shaky, feeling sick or having stomach cramps, or feeling dizzy or faint Breathing fast or finding it hard to breath, Heart beating fast (palpitations), sweating, tense muscles, Feeling like you might die. These reactions are designed to make us feel uncomfortable so we are alert and able to respond quickly to situations.

Top tips to help families work together and support one another during the coronavirus outbreak



Anna Freud
National Centre for
Children and Families

Families play a hugely important part in supporting each other at times of uncertainty or concern.

Be alert to how each other is feeling. You might show your worry in different ways to one another – so, if one of you is not feeling worried right now, that's fine too. With changes to daily and weekly routines, keep sight of what family life feels like and what you can continue to do. These can be the things which make life feel 'normal', so they're important.

You will probably be spending more time together because of home working, school closures, and other public health measures. Keep your days varied. Think about how you can make the most of the space you live in. If possible, work together to organise your days – perhaps via a family timetable (attached to the fridge door!). It may help to create time slots for mealtimes, homework, friends (even if via social media), TV, exercise, etc., and do make sure you all maintain good sleep habits. This routine can shape family life. But remember to be realistic about what you can achieve and don't put added pressure on yourselves.

Children's emotions, including anxiety, are well regulated by the structure in their lives. Try and create consistency, even in unpredictable circumstances. With young children (aged 3-7), playing together may be your best way of identifying what their concerns are. Often, what they play is what they are thinking about. You could introduce a playful element into these discussions, and making other children (or even pets) the focus may make it easier for your child to share what worries them.

With older children, openly talking may help bring worries to the surface. Worries are important to label and, where possible, to normalise. Sharing your own worries may be helpful, as long as you are also clear about how you manage your feelings. For example, if distracting yourself helps you, then it

is also likely to help your child. But be aware that something you find distracting (e.g. reading) may not be so helpful to them.



Living with anxiety over a period of time can impact on the wellbeing of us all. Explore ways in which you – as individuals but also as a family group – can take care of yourselves. Think about what you have as self-care strategies, and how you can use these. Obvious examples are taking exercise, watching a film, listening to music, and enjoying a meal together. But also remember the ones which are special to you as a family.

Take advantage of being together, but also make sure you have time of your own. Maintaining our routines, so the world has its familiar things as well as its uncertainties right now, feels helpful to us all.

For more information and advice about looking after your mental health during the coronavirus outbreak, visit www.annafreud.org/coronavirus

Virtual Jobs Fair

Timetable

South West & Oxfordshire

Monday 20th July - 11am - 12pm

East Midlands & Northamptonshire

Monday 20th July - 1pm - 2pm

South East

Tuesday 21st July - 11am - 12pm

East of England & Buckinghamshire

Tuesday 21st July - 1pm - 2pm

North West

Wednesday 22nd July - 11am - 12pm

Yorkshire & Humber

Thursday 23rd July - 11am - 12pm

West Midlands & Staffordshire

Thursday 23rd July - 1pm - 2pm

London

Friday 24th July - 11am - 12pm

North East & Cumbria

Friday 24th July - 1pm - 2pm

Year 10 and Year 11 pupils, the National Careers Service is organising another virtual jobs fair on Wednesday 22nd July between 11am-12pm.

To participate, log on to Twitter on Wednesday 22nd July from 11am-12pm and search #JobsHour for all the latest employment and apprenticeship opportunities in North West England. Don't miss out!



Special Educational Needs and Disabilities

Useful SEND resources to support with literacy and numeracy:

www.2simple.com/purple-mash/

www.phonicsplay.co.uk

[Ruth Miskin Training YouTube](#)

[Reading Wise](#)

www.whiterosemaths.com/

[Bedrock Learning](#)

www.mathswithparents.com

To support cognition and learning:

[The Send Cast](#)

www.spaghettibrain.co.uk

Wellbeing:

[Mind](#)

www.healios.org.uk/services/thinkninja1

www.youngminds.org.uk

SEND: apps and games (Apps must be downloaded onto a compatible device)

Brain Parade:

[www.brainparade.com/products/see-](http://www.brainparade.com/products/see-touch-learn-free)

[touch-learn-free](#)

HelpKidzLearn: www.helpkidzlearn.com

Visuals2Go: www.visuals2go.com

[Click here to view The Government's published list of online resources](#)

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



STAY
ALERT

CONTROL
THE VIRUS

SAVE
LIVES

The 5 Ways to Wellbeing

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

BE ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR BODY

TAKE NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give

Your time,
your words,
your presence

Contact Details

Do we have your correct details? It is very important, especially in the current situation that the school has your correct details such as phone numbers, email addresses and postal address. Please contact school with any updates. 01942 510712

office@deantrustrosebridge.co.uk

Useful helplines and websites



Mental Health

Wigan NHS mental health crisis line – 01942 636395

NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

Mind Ed - <https://www.minded.org.uk/>

NHS Every Mind Matters - <https://www.nhs.uk/oneyou/every-mind-matters/>

Recommended apps to support mental health and physical well-being <https://www.nhs.uk/oneyou/apps/>

MENCAP Helpful advice and information for people with a learning disability and families

<https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19>



Rise Above - <https://riseabove.org.uk/>

Government advice - <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Information for children about Covid-19

Children's guide to coronavirus – Children's commissioner

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>



'My hero is you' a story book which can be downloaded free of charge.

<https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you>

Internet safety

Internet Matters - <https://www.internetmatters.org>

NSPCC

NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Think U Know - <https://www.thinkuknow.co.uk/>



If children need to speak to someone

Childline - <https://www.childline.org.uk/> 08001111 (9.00am – midnight)

Shout - <https://www.giveusashout.org> Text 'SHOUT' to 85258 to be put in touch with a trained crisis volunteer

The Mix – <https://www.themix.org.uk/> 0808 808 4994 Free information and support for Under 25s

Physical well – being

Change 4 Life - <https://www.nhs.uk/change4life>

NHS - <https://www.nhs.uk/oneyou/for-your-body/>