



20 April 2020

Dear Parent/Carer,

### **RE: Coronavirus (COVID-19)**

I wanted to reach out to you as we enter the fifth week of 'lockdown'. I hope you are safe, well and managing to find positive opportunities as a family in this otherwise challenging situation. Certainly, this is not how I anticipated my first year of headship would unfold! I am missing the pupils terribly and holding you all in my prayers each day.

Sometimes, we need to remind ourselves that it is OK to feel worry, confusion or sadness. We are not perfect and you mustn't feel under additional pressure to become teachers at home. Be kind to yourself. Our staff will get your child back on track in due course. Right now, sharing your calm, patience and love with your child is all that is required of you. We'll do the rest.

Please do join us for worship every Sunday morning on our YouTube channel (<https://www.youtube.com/user/stteiloshighschool>). I would also encourage you to follow us on twitter ([@stteilos](https://twitter.com/stteilos)) for regular updates, advice and ideas. To sign up, visit the Twitter help centre (<https://help.twitter.com/en/using-twitter/create-twitter-account>).

### ***Learning from home***

We want to help keep your child motivated to learn from home. It is not expected that they follow a typical school timetable. These are not typical circumstances and we shouldn't pretend that distance learning can replicate face-to-face learning in school.

- Phase 1 of learning from home involved your child downloading resources made by teachers and completing two or three hours of work each day. Those resources will remain on Hwb and can be accessed at any time.
- Phase 2 of learning from home begins today. This phase is designed to provide autonomy and encourage your child to develop as a 'brilliant learner'. It means that your child has a great deal of choice about what they do and when they do it. I have included instructions at the end of this letter.
- Phase 3 of learning from home will be a forward look to the next academic year and will be launched later in the term.

### ***Free School Meals***

The local authority are now operating two systems to support children who would normally receive free school meals:

- The first is a downloadable voucher scheme, for use with selected supermarkets.
- The second is a direct payment scheme, putting funds directly into parents' bank accounts using Parent Pay.

Parents or carers with children who are eligible for Free School Meals are due to receive a letter from the council providing information. If you have any queries or concerns, please email [freeschoolmeals@cardiff.gov.uk](mailto:freeschoolmeals@cardiff.gov.uk).

Remember that we are here to help you if you are experiencing difficulties. If your circumstances have changed, you may be eligible to claim Free School Meals for your child. You can do this if you are entitled to one of the following:

- Job Seekers Allowance (Income Based);
- Employment Support Allowance (Income Related);
- Pension Credit (Guarantee Credit);
- Child Tax Credit with annual income of less than £16,190; or
- Universal Credit with net household earnings of less than £7400.

To enquire or apply, please email [freeschoolmeals@cardiff.gov.uk](mailto:freeschoolmeals@cardiff.gov.uk).

### ***Support for families***

During these uncertain times, I want families to be reassured that the school will remain a constant source of support:

- If you are experiencing difficulties and require advice, support or guidance, please telephone our emergency helpline on [07568357563](tel:07568357563).
- If you (or somebody you know) would benefit from the support of one of our community partners, please visit our emergency website <http://covid19help.org.uk/> and register your details.
- If you are experiencing food poverty, please visit us at the school on Wednesdays between 10am and 12.30pm to collect a Foodbank voucher.
- For all other enquiries, please contact [headteacher@stteilos.com](mailto:headteacher@stteilos.com) and I will get back to you.

School staff will continue to make telephone contact with families at least weekly. Please do let us know how you are and if we can assist you in any way. Telephone calls are important for your child to stay connected to school so please do encourage them to chat.

### ***A final thought...***

A prayer, from The Revd Canon Carol Wardman, to bring comfort and courage at this time of uncertainty:

*Incarnate and glorified God,*

*Though you had passed through death, your risen body showed the marks of human suffering when you revealed yourself to your friends. When we find ourselves behind locked doors, leaven our isolation with friendship, solidarity and community spirit, and reveal yourself to us in the love and care that no distance can take away. We pray through Jesus, our friend and our brother.*

*Amen.*

With my very best wishes,

Mr I Loynd  
Headteacher

*See Frequently Asked Questions, below.*

# Frequently Asked Questions

## What is a 'brilliant learner'?

The best and most capable learners share the following characteristics:

**BRILLIANT LEARNERS ARE CURIOUS**

- Explore new things
- Ask questions
- Listen to others' ideas

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**BRILLIANT LEARNERS HAVE E.Q.**

- Find solutions to conflict
- Show sensitivity towards others' feelings
- Embrace change

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**BRILLIANT LEARNERS ARE GRATEFUL**

- Say thank you
- Do kind things for people
- Appreciate the opportunities that you have

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**BRILLIANT LEARNERS ARE GRITTY**

- When the going gets tough, keep going
- Finish the things you start
- Get yourself unstuck

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**BRILLIANT LEARNERS ARE IN CONTROL**

- Remain calm at all times
- Allow others to speak without interruption
- Be polite to everyone

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**BRILLIANT LEARNERS ARE OPTIMISTIC**

- Just - have a go!
- Know that putting in effort will lead to improvement
- Believe in yourself

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**BRILLIANT LEARNERS ARE PREPARED**

- Start work straight away
- Follow instructions straight away and with good grace
- Pay attention and avoid distraction

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**BRILLIANT LEARNERS ARE ZESTY**

- Show enthusiasm
- Invigorate others
- Get stuck in

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To be a brilliant learner, you need to develop each of these characteristics.

## How can I be a 'brilliant learner' at home?

Each of our brilliant learner packs are full of ideas and activities. You can do these in any order. Some are short, some are long, some will go on and on. You should try to do something from each of the packs in balance; no one pack is more important than any other.

## What should my day look like?

You can use the 'weekly planner' to help structure each day. It looks like this:

**Brilliant Learner Weekly Planner**

Day	Meal	Getting ready	Morning activities			Meal	Afternoon activities			Meal	Winding down
DYDD LLŪN	Breakfast	Be Prepared				Lunch				Dinner	Be Grateful
DYDD MAWRTH	Breakfast	Be Prepared				Lunch				Dinner	Be Grateful
DYDD MERCHER	Breakfast	Be Prepared				Lunch				Dinner	Be Grateful
DYDD IAU	Breakfast	Be Prepared				Lunch				Dinner	Be Grateful
DYDD GWENER	Breakfast	Be Prepared				Lunch				Dinner	Be Grateful

A space for your notes...

Ysgol Uwchradd Tala Sant yr Eglwys Yng Nghyffwrdd  
St Tala's Church in Wales High School

You should begin every morning with the 'be prepared' pack and end every evening with the 'be grateful' pack.

You should then fill your day with activities from the other packs. We suggest three in the morning and three in the afternoon. Choose from each of: 'be curious'; 'be emotionally intelligent'; 'be gritty'; 'be in control'; 'be optimistic'; and 'be zesty'.

Many of these activities are relaxing and fun. Some involve spending time with your family or connecting with your friends. Some are more challenging and require your absolute concentration. Remember, brilliant learners do things in balance!

## Where can I access the packs?

Everything you need is available in your school closure class on Hwb. You will see two folders: 'Phase 1' which includes all the previous resources and tasks set by your teachers; and 'Phase 2' which includes the brilliant learner packs and weekly planner.

Your parent or carer can also view the packs online by visiting <http://www.stteilos.com/learning-from-home-phase-2/>.

**Do I need to submit my work?**

No. These activities do not need to be submitted to your teachers. Many of the online tasks (for example Hegarty Maths, BBC Bitesize and IXL) are personalised and self-marking. You just need to be registered and logged in. Of course, if you need help you can email your teachers.

Your Form Tutor will ask you about the tasks you have done each week. Keeping a record of what activities you have attempted will be important for these discussions.

**If I'm confused, where can I find help?**

Just email [closurehelpline@steilos.com](mailto:closurehelpline@steilos.com) with your query and we'll do our best to help!