



# George Mitchell School

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Attendance hotline Primary: 020 8988 9687

Website address: [www.georgemitchellschool.co.uk](http://www.georgemitchellschool.co.uk)

20<sup>th</sup> January 2021

Dear parents and carers,

## RE: Support with Remote Learning

We have now had three weeks of remote learning taking place and I would like to thank you for working so hard in supporting your child in engaging with and submitting high quality work. Working and studying from home poses many challenges and our school community has really come together to help all students meet the high expectations of the school. Please find below some useful information that will help you in further supporting your child.

### **Daily routines**

Please ensure your son/daughter follows the daily routines below:

- Log on to Google Classroom every morning at 8.45am to check messages and notifications.
- Make a schedule for the day and write in the times of all live lessons.
- Plan when you will complete work set by the different subject teachers.
- Study for at least 5 hours each day. Take short 10 minute breaks every hour.

Please support your child by ensuring they join live lessons promptly. Punctuality is important at George Mitchell as every minute of each lesson counts. Please remember all lockdown learning will be assessed upon the return to face-to-face learning. This is particularly significant for Year 11 as this assessment grade will directly contribute to their final grade.

### **We want to hear from you**

We would like to hear from you regarding your experiences of supporting your child with their remote learning. We would like to provide you and your family with as much support as possible and completing this short survey will allow us to provide personalised support.

Please complete <https://forms.gle/ZQx7XFSr9oD2dKcB6> by **Friday 29<sup>th</sup> January**.

### **Supportive Organisations**

We have compiled a list of supportive organisations that may help you and your family during this challenging time. Please find the full list overleaf. If you have any further questions around support for your family, our lovely Ms Hay is on hand to help: [Danielle.hay@georgemitchellschool.co.uk](mailto:Danielle.hay@georgemitchellschool.co.uk)

At George Mitchell School we have the highest expectations of all our students. All our staff are here to support you and to ensure that all students at George Mitchell School continue to learn and make progress.

Warm regards,

Kateryna Law

Head of Secondary | Deputy Headteacher



| Organisation                     | Details   | How to contact them  |
|----------------------------------|---|--|
| Mental Health Crisis Line        | Open 24 hours.  | 0300 555 1000  |
| Talk Changes                     | You can self-refer.<br>We help people with a wide range of worries, common mental health problems and emotional difficulties.<br>Even though many of these problems are not unusual, they can become overwhelming, distressing and make day-to-day life a struggle.                             | 020 7683 4278<br><a href="https://talkchanges.org.uk">https://talkchanges.org.uk</a><br>Available 10am – 12pm or email<br><a href="mailto:Huh-tr.talkingtherapy@nhs.net">Huh-tr.talkingtherapy@nhs.net</a> |
| <b>National Support</b>          |   |  |
| Childline                        |   | 0800 11 11   |
| SupportLine                      | Confidential emotional support to children, young adults and adults   | 01708 765200<br><a href="https://www.supportline.org.uk/">https://www.supportline.org.uk/</a>  |
| <b>Mental Health</b>             |   |  |
| Shout                            | If you're experiencing a personal crisis, are unable to cope and need support<br>We can help with issues such as: <ul style="list-style-type: none"> <li>• Suicidal thoughts</li> <li>• Abuse or assault</li> <li>• Self-harm</li> <li>• Bullying</li> <li>• Relationship challenges</li> </ul> | Text 'SHOUT' to 85258<br><br><a href="https://www.giveusashout.org/get-help/">https://www.giveusashout.org/get-help/</a>   |
| Mind                             | Mental health charity with a support line   | <a href="https://www.mind.org.uk">https://www.mind.org.uk</a>  |
| Kooth                            | Free, safe, anonymous online support  | <a href="http://www.kooth.com">www.kooth.com</a>   |
| B-eat                            | Support for young people with eating disorders  | <a href="https://www.beateatingdisorders.org.uk">https://www.beateatingdisorders.org.uk</a><br>0808 801 0677   |
| <b>Alcohol</b>                   |   |  |
| Drinkline                        | Drinkline is a national alcohol helpline providing counselling, support, advice and information.  | 0800 917 8282  |
| <b>Bereavement</b>               |   |  |
| Child bereavement UK             | Support for bereaved children and young people  | <a href="https://www.childbereavementuk.org">https://www.childbereavementuk.org</a><br>0800 02 888 04  |
| Hope Again                       | Bereavement support for young people  | <a href="https://www.hopeagain.org.uk">https://www.hopeagain.org.uk</a><br>tel: Monday to Friday 9.30 -5pm<br>0808 8081 677  |
| <b>Domestic abuse</b>            |   |  |
| National domestic abuse helpline | This organisation offers advice and a 24hr helpline. The website has a 'quick exit' button so no-one can see you were on the website.   | <a href="https://www.nationaldahelpline.org.uk">https://www.nationaldahelpline.org.uk</a><br>0808 2000 247   |
| <b>Abuse</b>                     |   |  |
| NSPCC                            | Helpline for people worried about children who may be at risk of abuse  | <a href="https://www.nspcc.org.uk">https://www.nspcc.org.uk</a>  |
| <b>Drugs</b>                     |   |  |
| Frank                            | Support and advice around drug misuse issues  | <a href="https://www.talktofrank.com">https://www.talktofrank.com</a><br>0800 776600   |
| <b>Homelessness</b>              |   |  |
| Shelter                          | Housing advice for the homeless or under threat of homelessness   | <a href="https://www.shelter.org.uk">https://www.shelter.org.uk</a>  |
| <b>Legal Support</b>             |   |  |
| CORAM                            | Provide free legal information, advice/representation to children, young people   | <a href="https://www.coram.org.uk">https://www.coram.org.uk</a>  |
| <b>Various</b>                   |   |  |
| Family Lives                     | Support for callers around issues such as parenting and family life   | <a href="https://www.familylives.org.uk">https://www.familylives.org.uk</a><br>Tel: Monday to Friday 1.30-5.30pm<br>0808 800 2222  |



