



## Rupert Moreton – Head of School

28 April 2020

Dear Parents and Carers

We hope this short update finds you and your families safe and well. Please note that the Ofqual consultation mentioned below closes tomorrow; please accept our apologies for the delay in sharing this information with you.

### Year 8 and 9 Immunisations

The School based immunisation programme eg Year 8 (HPV) and Year 9 (HPV, Td/IPV, Men ACWY and MMR if required) is currently suspended until further notice.

The Immunisation Team is committed to ensuring that all students receive their immunisations as soon as possible and once the programme has been resumed will be in contact to let you know when and where your child can receive their outstanding immunisation(s).

Information can also be found on the School Health Nurses webpage at <https://www.oxfordhealth.nhs.uk/school-health-nurses/immunisations/> and on their FaceBook page: <https://www.facebook.com/oxNHSSchoolnurses/>

If you wish to speak to someone regarding your child's immunisations please call 07769235149 or email [ImmunisationTeam@oxfordhealth.nhs.uk](mailto:ImmunisationTeam@oxfordhealth.nhs.uk)

### Ofqual Consultation on the Process for Grading Specified General Qualifications

There is currently an open consultation on the process for grading specified general qualifications which is open to all those interested in the GCSEs, AS, A levels, Extended Project Qualifications and Advanced Extension Award.

The DfE are introducing the exceptional arrangements at speed, to enable schools and colleges to gather and consider the evidence they will submit to the exam boards for students to be awarded grades in the Summer.

Numerous points of view have already been consulted and reviewed, including teachers, schools and college leaders, exam boards, students, parents and statistical experts.

Aspects of the arrangements by which students will receive results in the summer have already been set by the government. There are still some implementation decisions which must be made, including the regulatory framework. In light of the speed in which the arrangements must be finalized to receive results in good time, the consultation will close on **Wednesday 29 April 2020**.

All submissions are to be completed online and all reviewers interested are encouraged to read the proposals and respond by the deadline. Please see the proposal [here](#).

# Cheney School

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**Head**  
Rupert Moreton, BA, MA, M.Ed

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## Setting of Work and 'Online' or Pre-recorded Lessons

The next 3-week batch of work has been set and we have started a short, optional series of online or pre-recorded lessons. Students must log on with their school email address: they will not be allowed to join an 'online' lesson if they are not using a school email address.

Please email faculty leaders if you have questions about your child's subject work during closure and please contact Heads of Year if you have questions or concerns about access or requests for paper packs of work instead.

English	Phoebe Mortimer	<a href="mailto:pmo@cheney.oxon.sch.uk">pmo@cheney.oxon.sch.uk</a>
Maths	Saima Hussain	<a href="mailto:shu@cheney.oxon.sch.uk">shu@cheney.oxon.sch.uk</a>
Science	Ben Preston	<a href="mailto:bpr@cheney.oxon.sch.uk">bpr@cheney.oxon.sch.uk</a>
Humanities	David Twycross	<a href="mailto:dtw@cheney.oxon.sch.uk">dtw@cheney.oxon.sch.uk</a>
PE	Emma Hart	<a href="mailto:eha@cheney.oxon.sch.uk">eha@cheney.oxon.sch.uk</a>
Creative Arts	Alexa Cox	<a href="mailto:aco@cheney.oxon.sch.uk">aco@cheney.oxon.sch.uk</a>
Languages	Sophie Reynes	<a href="mailto:sr@cheney.oxon.sch.uk">sr@cheney.oxon.sch.uk</a>
Design Technology	Emma Garden	<a href="mailto:ega@cheney.oxon.sch.uk">ega@cheney.oxon.sch.uk</a>

## Mental Health

Our Mental Health RESPONSE team are still working electronically and are now able to offer interventions over the phone/video call. If any of your children are presenting as struggling with their mental health at the moment (low mood/anxiety) referrals are still being accepted and reviewed.

Parents, carers, students (and staff) can all complete these referrals here: <https://secureforms.oxfordhealth.nhs.uk/mhst/>

## Well-being

**Many young people and their families may be feeling anxious and worried during school closures.** It can feel scary and isolating but you are not alone. Remember that it is





*Think for yourself, act for others*

as important to take care of your mental health as well as your physical health. Here are some tips that might help:

**Avoid over exposure to social media and the news and try to fact check what you hear if you are worried** - It helps to be prepared and know what is going on but spending too much time looking at the same or incorrect information can fuel anxiety and make us feel much worse.

**Keep to a routine-** Decide on a schedule and do your best to stick to it where possible. Try to stay on top of any school, homework or general jobs you need to. It helps to take control and avoid feeling overwhelmed.

**Stay in touch with other people** - by phone, email, social media, video calls. Keep up to date with your friends and family even when you can't see them in person. If you're not sure what to talk about, how about arranging to watch the same film or read the same book then calling afterwards to talk about it? Or playing a game of guess who over the phone?

**Set yourself goals** - Have you ever wanted to learn the guitar? Or how to sew? Have you been meaning to take up a foreign language? Now might be the time to start. Big or small, having goals is a great way to keep focused and feel like you are achieving something.

**Stay active** - Even if you have to stay at home you can still stay active. How about learning a new dance routine and practising it at home? Or in the garden? –

**If you feel overwhelmed give yourself a break-** Do something you know makes you feel better and distracts you for a bit; watch your favourite show, bake some biscuits, do some colouring, have a bath. If you're not sure what to do and can't stop worrying, grounding or mindfulness activities can be really helpful.

More support and advice is available online, here are further links that you may find helpful:

For Parents and Carers:

<https://www.bbc.co.uk/news/health-51873799>

<https://www.happymaps.co.uk/>

<https://youngminds.org.uk/find-help/for-parents/>

[https://www.cheney.oxon.sch.uk/wp-content/uploads/2020/04/COVID19\\_advice-for-parents-and-carers\\_20.3\\_V31.pdf](https://www.cheney.oxon.sch.uk/wp-content/uploads/2020/04/COVID19_advice-for-parents-and-carers_20.3_V31.pdf)

For Students:

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

<https://www.bbc.co.uk/bitesize/support>

<https://www.childline.org.uk/>

Thank you for your continued support and please look after yourselves.

Kind regards

Rupert Moreton  
Head of School