

LKI/AMI

14 January 2021

Dear Students, Parents and Carers

As we enter our second week of UTC closure, I wanted to write to you again to give you an update on what is happening with some areas of online learning and also to thank you all for your ongoing support.

We have set up year group Teams groups in which tutor activities will be placed. These include careers resources and well-being resources. Staff are working really hard to try and ensure that the employer-led focus of the UTC is not lost during this lockdown.

If students are having any issues with connecting to online learning or accessing the work, please do not hesitate to contact us and we will do what we can to support. This is a new way of working for everyone and it is vital we all work together to solve problems as they occur.

### Reporting Home

Staff are in the process of completing reports on students' online learning engagement. These will be sent to you weekly. With regards to student attainment and progress, this will be shared through the progress trackers as planned in a normal school year.

Staff are currently updating assessment plans to accommodate working remotely; balancing achievable marking demands with relevant feedback. Once curriculum areas have an agreed assessment schedule this will be shared with parents alongside the home learning plans on the website. This should enable parents and students to have a clear understanding of what is being taught and how it is being assessed.

Thank you for your patience and understanding in allowing staff to plan and alter their way of working to ensure the best possible delivery allowing for flexibility. Teachers at the UTC are working tirelessly to try to minimise the disruption to learning that moving online causes.

If you are concerned or want to check with any teacher at any point for an update, please contact us and we will try to help.

*Continued ...2*

## **Year 10 (DIT) and Year 12 Exams**

Unfortunately, despite media speculation, we do not have any confirmation about the process that will replace the planned summer examinations. It is therefore of paramount importance that students continue to engage with online learning and submissions as these are highly likely to contribute to any end grade.

As soon as we have any clear direction or understanding of the content and format of assessments, I will share this information with you. In the meantime, thank you for your continued support and understanding.

## **Further Information and Support**

I have revisited the resources produced during the March lockdown and I thought it would be useful to share some of this information and some links with you again. Please see the attached information.

## **Supporting Learning**

We have full timetable of learning in place for students via Microsoft Teams. I am however aware that it can be challenging for parents to balance supporting their child/children with their learning at this time. In July the government released a document to help support families with this and it can be found here.

[Supporting your children's education during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/supporting-your-childrens-education-during-coronavirus-covid-19)

In addition to the online learning on Teams, BBC Bitesize offer a range of GCSE resources as well as daily online lessons. These can be accessed here. <https://www.bbc.co.uk/bitesize/levels/z98jmp3>

## **News**

We know that with COVID-19, many of us are scared and worried as we are unsure of what lies ahead. We also understand this can affect your mental health. Our mental health is really important and it's crucial we try to support this whilst going through this period of uncertainty.

With issues like this, fake news is a massive part and does not help with our mental wellbeing, please ensure the information you access is from a reliable source. At the UTC we recommend you use the following websites to ensure the information you are receiving is true.

[www.Gov.uk](http://www.Gov.uk)

[www.who.int](http://www.who.int)

## **Mental Wellbeing**

I know that the substantial changes that have happened in all our lives have had a profound impact on our mental wellbeing. I have included some links to resources and websites that offer help and support around all elements of mental wellbeing.

Things that can help:

- Talk about your feelings - You can talk online or over the phone. There are plenty of forums where you can talk to other people and by talking about your feelings, you could be helping someone else.

*Continued ....3*

- Keep active - Even if you are self-isolating, you can still do a home workout. There are plenty of videos on YouTube which you can follow, or you can clean the house, cleaning is a great way to exercise!
- Eat well -If you run out of fruit and vegetables, ask a family member or friend to pick you some up and leave them on the doorstep, or buy frozen fruit or vegetables as they last longer.
- Keep calm - It's important to keep calm for both yours, and your family's wellbeing. There are lots of great apps for breathing techniques which can help to keep you calm.
- Keep in touch - Make sure you keep in touch with friends and family. You could do this over the phone, video call or social media.

### **Kooth**

[Home - Kooth](#)

*Kooth* offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

**Mental wellbeing: secondary BPS Website:** <https://www.bps.org.uk/news-and-blogs>

Advice on dealing with school closures and talking to children about COVID-19. Registration not required.

**Children's Society Website:** <https://www.childrenssociety.org.uk/coronavirus-information-and-support>

Information and support on different aspects of mental health and wellbeing. Registration not required.

**MindEd Website:** <https://www.minded.org.uk/>

An educational resource for all adults on children and young people's mental health. Registration is required.

Rise Above Website: <https://riseabove.org.uk/topic/my-mind/>

Videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people. Registration not required.

**The Child Bereavement Network Website:** <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Advice on supporting grieving children during the coronavirus outbreak. Registration not required.

### **Physical Activity**

It has been clearly shown that physical activity not only helps with physical health but mental health as well. Our very own "PE with Scho" continues to be a success, with students and staff engaging with the sessions. We will be shortly adding the workout videos to our YouTube channel: [UTC Derby - Pride Park - YouTube](#)

## Domestic Violence

Domestic abuse cases have risen in Derby over recent months due to Covid and three national lockdowns. Every year around 13% of adults experience domestic abuse and **one in seven** (14.2%) children and young people will have lived with domestic violence at some point in their childhood. This means we are all likely to live on a street with neighbours who are victims of domestic abuse, but we may not know this is happening. If you suspect that any of your neighbours are experiencing domestic abuse, the best way to help is to phone the police or contact Crimestoppers anonymously. The police can stop the harm from happening and can help victims to keep safe. They can also use the law to stop someone causing further harm.

Contact **Crimestoppers** online at <https://crimestoppers-uk.org/> or phone 0800 555111.

Your neighbour will not know who has reported them. **If you think it is an emergency, phone 999.** If it is not an emergency you can report direct to the police at <https://www.reportingcrime.uk/> or by phoning 101. Remember, be a good neighbour, report the crime and you may prevent a death.

What is domestic abuse?

Domestic abuse is when a family member (e.g. your partner, ex, spouse, ex-spouse, adult daughter / son) is causing you harm. The abuse could be of different types - including physical, sexual, financial, emotional and psychological. Acts of domestic abuse including violence against a person, rape and sexual assault, coercive control, harassment, stalking and forced marriage are all illegal. Domestic abuse can affect anyone, of any age, gender, ethnicity, sexuality and living in any neighbourhood. You may feel frightened and ashamed. You may feel isolated from family and friends. Domestic abuse is not right, and you are not at fault if it is happening to you.

## Healthy Relationships

How do I know if my relationship is healthy? Use this Women's Aid online tool to find out how healthy your relationship is <https://www.womensaid.org.uk/the-survivors-handbook/am-i-in-an-abusive-relationship/>

How do I get help in an emergency? **Victims who need immediate help should telephone 999 and ask for the police.**

If you don't feel you can talk to the police because the abuser is still in the home, then you can use the 'silent solution'. Press 55 when prompted by the operator and you will be put through to the police. Cough or make a noise (hit keys against the handset) to answer questions when asked. This will help the police to understand the help you need. What domestic abuse support services are there for people in Derby?

# Make Yourself Heard

## In danger, need the police, but can't speak?

- 1 **Dial** 999
- 2 **Listen** to the questions from the 999 operator
- 3 **Respond** by coughing or tapping the handset if you can
- 4 If prompted, **press 55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Led by  Independent Office for Police Conduct  
Supported by  women's aid  NPCC  
United women & children are safe



If you want to access support over the **phone**, you can call:

The Mix, free information and support for under 25s in the UK – 0808 808 4994  
National LGBT+ Domestic Abuse Helpline – 0800 999 5428  
Samaritans (24/7 service) – 116 123

Derbyshire Domestic Abuse Helpline – 0800 019 8668

Derby City Council – 0800 085 3481

South Derbyshire Care line – 01283 225810 (in emergencies)

[Next Step](#) – 01283 229 854

24 Hour Freedom Programme Help line – 01942 262 270

Escape – 01443 765899

Domestic Violence UK offers an [Online Signposting Directory](#) on their website.

- women can call [The Freephone National Domestic Abuse Helpline, run by Refuge](#) on [0808 2000 247](#) for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
- men can call [Men's Advice Line](#) on [0808 8010 327](#) (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for non-judgemental information and support
- men can also call [ManKind](#) on [0182 3334 244](#) (Monday to Friday, 10am to 4pm)
- If you identify as LGBT+ you can call [Galop](#) on [0800 999 5428](#) for emotional and practical support
- anyone can call [Karma Nirvana](#) on [0800 5999 247](#) (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call [020 7008 0151](#) to speak to the GOV.UK [Forced Marriage Unit](#)

Continued ....6

You can also email for support. It is important that you specify when and if it is safe to respond and to which email address:

- women can email [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk). Staff will respond to your email within 5 working days
- men can email [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)
- LGBT+ people can email [help@galop.org.uk](mailto:help@galop.org.uk)

[The Survivor's Handbook](#) from the charity Women's Aid is free and provides information for women on a wide range of issues, such as housing, money, helping your children, and your legal rights.

**If you are worried that you are abusive, you can contact the free [Respect helpline](#) on [0808 802 4040](#).**

### Sexual assault

Anyone who has been sexually assaulted can get confidential help, treatment and support at a sexual assault referral centre.

Read more about [getting help after rape and sexual assault](#).

[Find your nearest sexual assault referral centre](#)

If you have any questions on the information provided in this letter, please contact us either by telephone on 01332 477400 or by emailing [derbyadmin@utcderby.org.uk](mailto:derbyadmin@utcderby.org.uk) . May I take this opportunity to thank you once again for your continued support and I hope you and your families remain safe during the pandemic.

Yours faithfully

**L Kirkwood**  
**Associate Principal**  
**UTC Derby Pride Park**