



**Headteacher**  
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01 May 2020

Dear Students,

Your well-being is our highest priority during this difficult time. Teachers have been in touch with a large number of students and following your feedback we will be making the changes below, from Monday 04 May:

1. Students will be asked to follow a structured timetable [see next page]
2. KS3 students, Years 7,8 and 9, will be expected to complete a minimum of 12.5 hours of work a week
3. KS4 students, Year 10, will be expected to complete a minimum of 15 hours of work a week and further independent study
4. All lessons in the w/c 04 May will be consolidation lessons to ensure important skills and content from the previous four weeks of Lockdown are fully embedded. These will summarise the last four weeks of work and so will help you catch up any missed lessons.

During this difficult and unprecedented time, we need you to demonstrate the Hestonian Values of Resilience and Ambition. Those of you who do not try to complete the work from your teachers will find yourself at a significant disadvantage when we return to school. We only want you to try your best and to ask for help when you do not understand the work.

Your teachers will continue to be available between 9:00 -11:00, via email, each weekday to support you, your Tutors will be contacting you on a monthly basis and your Learning Coordinators will be telephoning your families to check on your welfare.

We continue to wait for guidance from the Government regarding the easing of Lockdown restrictions and will update you as soon as we know. It is likely that schools will remain closed for some time.

Please do not hesitate to contact your Tutor if there is any support you need in this difficult time.

Yours faithfully

**Mr M O'Hagan**  
**Deputy Headteacher**

## Lockdown Timetable

KS3	M	Tu	W	Th	F
10:00 – 11:00	Maths	English	Science	History	French
11:30 – 12:30	Maths	English	Science	Geography	Art
13:30 – 14:00	PE	PE	Drama	Dance	Well-being

KS4	M	Tu	W	Th	F
10:00 – 11:30	Maths	English	Science	Humanities	Option 1
12:30 – 14:00	Maths	English	Science	French	Option 2
14:30 – 15:00	Independent Study	Independent Study	Independent Study	Independent Study	Well-being

Well-being activities will be sent from Learning Coordinators and will focus on improving your child's well-being and Mental Health.

KS4 Option subjects include Business, Drama, Fine Art, Graphics, Photography, Food, DT, Computer Science and Separate Science [Physics]

Independent Study is your opportunity to catch up on an incomplete work and revise for the examinations that will be taking place once we return to School.

### **Additional Guidance for Students**

In these very unusual and difficult times it is particularly important that you look after your mental health, it may feel very overwhelming and challenging, but please remember you are not on your own.

Remember you can email your tutor or another member of staff that you feel comfortable talking with.

**Below are also a number of agencies you can contact for support.**

**Young Hounslow** - <https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/newyouth.page>

Hounslow's new youth website providing help and support for young people. Use this to find helpful services in your locality.

**YoungMinds Crisis Messenger - text YM to 85258**

The Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. (Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus)

**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Childline - 0800 11111 / [www.childline.org.uk](http://www.childline.org.uk) (online 1-2-1 counsellor chat)**

Support for children and young people in the UK, including a free 24-hour helpline.

Childline has launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad.

**Website:** [www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone)

**PAPYRUS - HOPE Line UK 0800 068 4141**

Confidential help and advice to young people and anyone worried about a young person

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

**ChatHealth (Advice for Teens in Hounslow) - Text: 07507 333 176**

This service is provided by the Hounslow school nursing service for all young people aged 11-19. You will get a reply within 24 hours from an NHS School Nurse between 9:00am and 4:30pm, Monday to Friday (except bank holidays).

**The Mix - 0808 8080 4994 / [www.themix.org.uk](http://www.themix.org.uk)**

Online guide to life for 16-25 year-olds in the UK. Emotional support is available 24 hours a day. On the website, you can chat about anything you like on their moderated discussion boards and live chat room.

**FRANK - 0300 123 6600 / [www.talktofrank.com](http://www.talktofrank.com)**

Confidential advice and information about drugs, their effects and the law.

**Kooth - [www.kooth.com](http://www.kooth.com)**

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

**Samaritans: 116 123**

**Childline: 0800 1111**

**NSPCC: 0808 800 5000**

**National Domestic Abuse Helpline: 0808 2000 247**