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Dear Parents and Students of Year 7 – 10

The well-being of our students is our highest priority during this difficult time. Teachers have been in touch with a large number of students and following their 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.

Heston Community School has a proud history of supporting our students to achieve outstanding GCSE results, placing us consistently in the top 10% of schools Nationally. The work your child is completing now, will be the foundation for your child's success in their future education.

During these unprecedented times, it is vital that parents and carers are motivating, monitoring and supporting their children to adopt positive learning behaviours to engage as fully as possible with the set work. We want to thank those parents that are already doing this.

Teachers will continue to be available between 9:00 -11:00, via email, each weekday to answer students' queries, Tutors will be contacting their tutees on a monthly basis and Learning Coordinators will be telephoning families to check on their 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 us if there is anything we can do to support your family 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

Childline – 0800 11111 / 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

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

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

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

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

Kooth - 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