



1:30pm - 3pm
19 January
2021



FREE for Ealing
& Harrow
schools



For primary, high & special
school SLT, PSHE &
mental health leads

Digital resilience in the era of COVID



About this conference:

The Ealing Health Improvement team, in collaboration with the Prevent Education team, are holding a conference on 'digital resilience'.

Participants will listen to experts and inspirational speakers including:

- **John North**, from Exit UK, who will take us through his journey from recruitment into a far right extremist group to working with Exit UK to raise awareness of extremism.
- **Mubina Asaria**, LGfL Digisafe consultant, will deliver a session on 'digital resilience', exploring the risks and challenges of the internet.
- **Victoria Baker**, from the National Literacy Trust, will explain how we can become 'critically literate'.
- **Lauren Moxom** and **Sonia Magan** from Woodlands Academy will discuss how they are using online platforms to support wellbeing.

Bonus presentation



Hope Virgo, author and award winning advocate for people with eating disorders, will deliver a 30 minute presentation at 1pm, preceding the conference, entitled 'Me and my best friend anorexia'. This presentation will explore the link between digital resilience and mental health. Book via [Ealing CPD online](#).



USING ONLINE PLATFORMS TO SUPPORT

W E L L B E I N G

Lauren Moxom

PSHE, Mental Health & Wellbeing Lead

Sonia Magan

Acting Co-Headteacher & Digital Lead

Woodlands
Academy

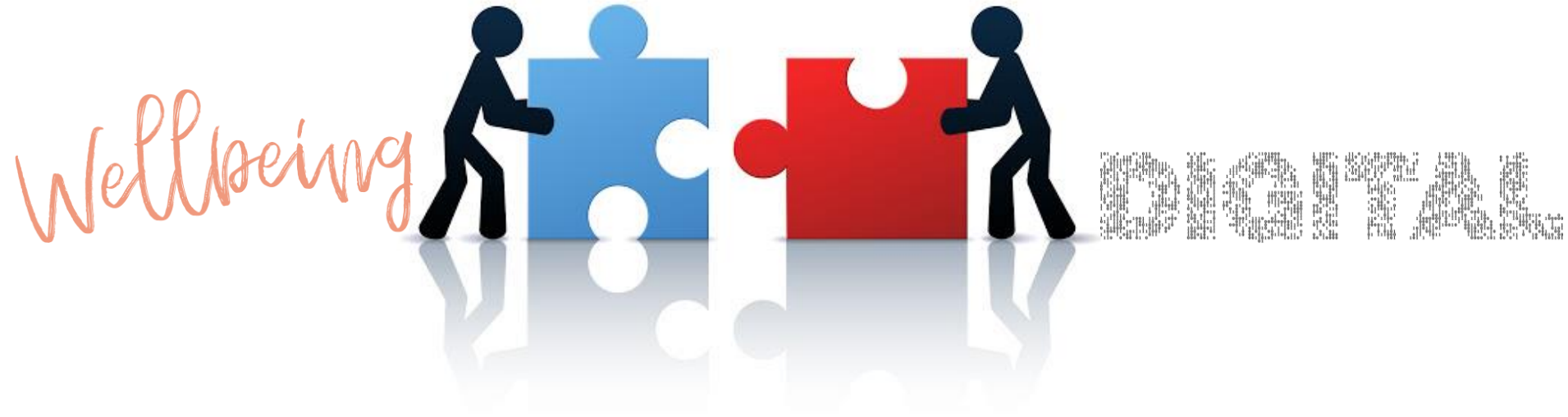


Last year we decided to switch to...

Google



In order for this to be successful...



Our challenges

- To create a child-friendly & visually engaging learning platform where all resources can be accessed.
- To create an online 'school community' which continues to be engaging and interactive for pupils, parents & staff.
- To look after the wellbeing and safety of our children when working remotely.
- To ensure our children continue to be the resilient, motivated and engaged learners that they were in school.
- To support staff wellbeing during this change.



Created 'Class Websites'

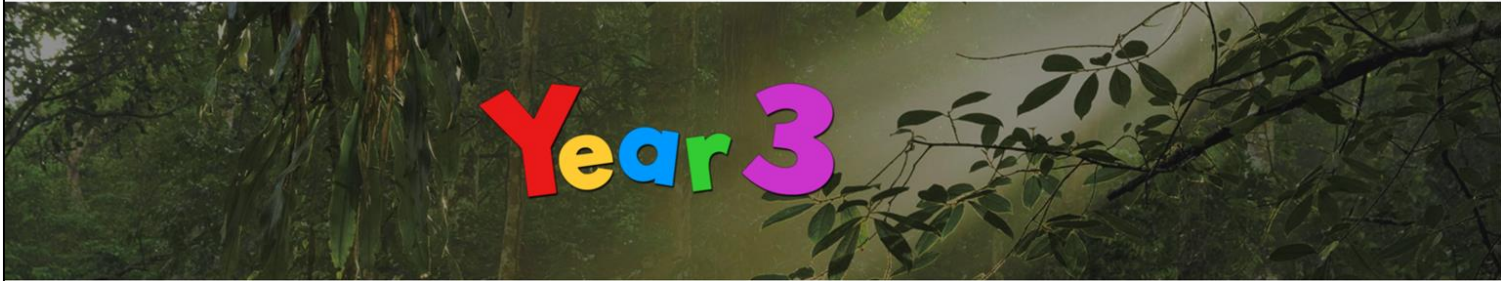
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sites.google.com/woodlands.ealing.sch.uk/year3hummingbirdclass/home


☆

Hummingbird Class Year 3 site


Home Looking after your wellbeing Celebration Area Our learning timeline Learning Websites



Year 3



Hummingbirds



Hi Hummingbird Class,

To access the weekly home learning activities I have set you, click on the green Google Classroom image-->


To log in to Google Classroom, you will need to use the username and password details you have been given. This is known as your USO.

Don't worry if you have any problems or questions when you are trying to do this. You can ask an adult at home to email me at year3@woodlands.ealing.sch.uk

I hope you also enjoy exploring our Year 3 Website. Under the 'Learning Websites' tab, you will find many other online resources. Remember to check the celebration area for all the wonderful things we are celebrating in our class.

Have fun learning 😊

Miss Moxom



CLICK HERE FOR
GOOGLE
CLASSROOM

When you get to the 'Sign In' page, type in your login details like I have shown you below. Then click 'Next' to enter your password.

Google
Sign in
Use your Google Account.

Type in your IDO here and then click on Next.

Enter your email
demo13071

@woodlands.ealing.sch.uk

Creative use of Google tools to provide opportunities for interaction & engagement

- ★ Google Classroom - Use of 'Stream' to promote **discussion** and daily **social interaction**
- ★ Google Docs & Slides - **working in 'real time'** 'for a **collaborative learning** experience. This allowed for **instant interaction between peers**
- ★ Feedback is instant. By using the comments feature, you are able to open up a **dialogue between teacher & pupil**. Verbal feedback used with '**Mote**' extension.



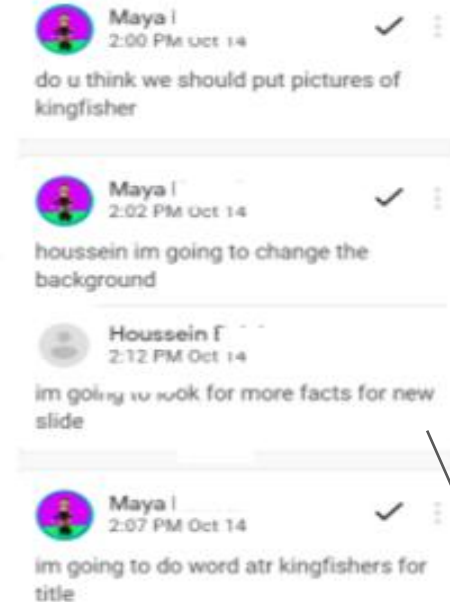
Google Classroom



Example of online peer collaboration



Google Slides



Peer interaction via comments.
Changes take place in
'real time'.

Maintaining a sense of community through virtual assemblies



woodlandsschoolealing • Follow
Ealing, United Kingdom



om

Stream

Classwork

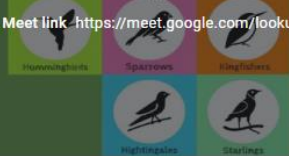
People

Grades

Whole School Assemblies and Music Classroom

Class code rds4hwc []

Meet link <https://meet.google.com/lookup/hvigtq6x3e>



Woodlands School Assemblies

Select theme
Upload photo

Upcoming

No work due soon

[View all](#)



Announce something to your class



Miss Moxom
2:44 PM



Thankyou for all of your great home learning this week that we shared in Celebration Assembly today. Your teachers are very proud of you! 🌟👏👍 Keep up the hard work!

It was lovely to see you all! If you would like to look at the slides again you can find them in the Celebration Assembly topic under classwork in the 'Whole school assemblies and music room.'

See you all next week at 9am Friday 22nd January.

Have a good weekend! 🌟

Miss Moxom

Celebrating through assemblies - lots of praise!

Kingfishers

Fatima added detailed Shakespearean quotes to her summary.

Year 5

A fantastic effort from everyone in lessons this week. Lots of DJs have been earnt.

Enxhi is doing so well in Maths.

Today's Task - ONE slide from this one (slide 3) OR the next one (slide 4). Optional task - slide 5.

- Work out the area of each of the rectangles.
- Which colour has the largest area?
- Which colour has the smallest area?

Handwritten calculations and area formulas are shown for various rectangles.

2. Click and drag the scenes from the story in the correct order.

3. Write a sentence explaining what is happening. Use the video to spell names correctly. Challenge - can you include Shakespearean quotes (use today's video to help you do this).

Four scenes from the story are shown with descriptions and Shakespearean quotes.

Adam completed the optional slide.

Optional Slide

4. These shapes all have the same area. Shape A is a square. Work out the missing lengths.

Diagrams of shapes A, B, C, and D are shown with dimensions and a 'YOU ROCK' sticker.

Woodpeckers

Year 2

SUPERB ONLINE LEARNING!

Change the colour of the rectangle to match the feature colour. The first one has been done for you.

Scene 2 - The road to market

Jack and the cow come back onto the stage. He is leading his cow to market. He walks around the stage.

Jack: We are sorry to have to sell you, Daisy.
Cow: Moooooo!
Jack: (stops, then points) Who's that coming towards us? He's dressed in ve...

Albi

5 steps for completing this challenge correctly

You must count the number in each group. Then work out if there are the same number each time.

Remember to count. Don't look at the picture and guess, they might try and trick you!

Who has equal groups?
James and Hannah have equal groups.

Lexi

Organise these words into the correct heading. The word must contain the correct 'a' phoneme. Drag the word.

apricot	grass	squash
hazel	afternoon	was
station	branch	wander

Ridwan

Starlings

Melody-Sh...

Year 1

Well done to Melody-Sheree for earning the most Dojo points this week!

Well done to : Bibi, Kameron, Judah, Danah, Elias and Melody

They handed in all their homework everyday this week!

Judah shared a brilliant hand print that tells us what makes him special.

Dedicated 'wellbeing' & 'safeguarding' areas on our Class Websites

Looking after your wellbeing



Always be kind to your mind. Remember to look after your physical and mental health.



Worry Button

Are you worried about something?
In school we have the Worry Box.
Online we have the Worry Button. Click the worry button to tell me what you worried about. I am here to help you.

We ALL have physical and mental health. It is very important to look after ourselves.

How we can practice the 5 ways to wellbeing

- Connect- spend time with your family at home doing fun activities together- talking, laughing, cooking, singing, dancing. As a family, call up family and friends who you have not seen in person or visit them if it is safe to do so.
- Be active- try to get at least 30 minutes exercise a day- indoors or in a safe outdoor space.
- Give- show others you care by giving them time.
- Take notice- go out for a walk with your family look around you and enjoy nature. Make sure you practice safe social distancing.
- Keep learning- try to complete your home learning everyday to show how amazing you are.

Remind yourself of how we can all follow the 5 ways to wellbeing by watching the video.



Why not try some relaxing mindfulness meditation where you imagine your finger is a paintbrush. Where will your mind take you? Time to Relax...



Explore the calm zone for tips on how to stay calm. There are lots of breathing exercises and games to play.

Calm Zone- Childline



Have you got a worry about something? You can tell me by clicking the Worry Button below.

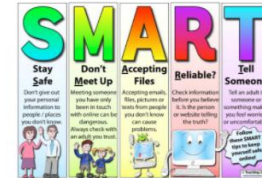
Worry Button

Staying Safe



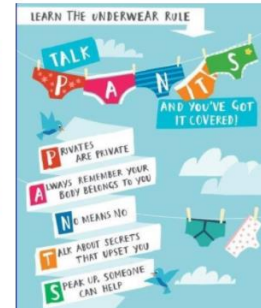
Stay Safe Online!

Make sure you keep safe online. Watch this short video to remind yourself about the importance of E-SAFETY!



PANTS rule

Sing along with Pantosaurus to remind yourself of the PANTS rule.



Our Safeguarding Group

At Woodlands we have a safeguarding group who meet once a term to discuss ways to keep children safe in and out of school.

The members of the safeguarding group are:

- Ms Rana- Headteacher
- Ms Hasker- Inclusion lead
- Ms Moxom- PSHE/Mental health lead
- Ms Hamid- Medical lead

Our 2 pupil representatives:

- Anamika (Year 6)
- Nuuradin (Year 6)

If you have any questions/ concerns then please ask one of us.

Daily Check-ins: focus on wellbeing & learning



Google Forms

Daily Check-In: Year 1

Tell me how you are feeling today.

Name _____

Short answer text _____

How are you feeling today?

☐ Happy and ready to learn! ☐ Worried
☐ OK ☐ Sad
☐ Tired ☐ Angry
☐ Sick

Why are you feeling this way? *

Long answer text _____

Why not have a sing and dance to the 'Good Morning' song to get you moving and ready for the day? It is going to be a great day of learning!

Good Morning!

Timestamp	Name:	How are you feeling today?	Why are you feeling like this? Give some more detail.
1/12/2021 8:41:02		3- Tired 😞	I woke up very early
1/12/2021 8:58:33		2- Happy and calm 😊	Because I am ready to learn.
1/12/2021 8:58:49		1- Excited and ready 🤩	because i am happy and i have very good teachers.
1/12/2021 9:00:20		2- Happy and calm 😊	I'm fresh I had a good sleep and I had a good breakfast.
1/12/2021 9:00:32		2- Happy and calm 😊	im feeling calm
1/12/2021 9:02:06		1- Excited and ready 🤩	because i am happy and i have very good teachers.
1/12/2021 9:11:06		2- Happy and calm 😊	Because I feel good
1/12/2021 9:15:38		1- Excited and ready 🤩	I'm ready to learn
1/12/2021 9:15:54		2- Happy and calm 😊	I am happy
1/12/2021 9:52:44		3- Tired 😞	because I didn't have some sleep
1/12/2021 9:56:29		3- Tired 😞	did not lots sleep last night.
1/12/2021 11:17:28		1- Excited and ready 🤩	because i did all my work toda
1/13/2021 8:31:57		1- Excited and ready 🤩	good
1/13/2021 8:45:12		2- Happy and calm 😊	Because I'm happy and calm.
1/13/2021 8:46:21		1- Excited and ready 🤩	I did morning exercise
1/13/2021 8:53:24		3- Tired 😞	I didn't have a good sleep in half of the night.
1/13/2021 8:54:58		1- Excited and ready 🤩	i am very happy and i am very very happy to have very good teachers.
1/13/2021 8:55:14		1- Excited and ready 🤩	excited
1/13/2021 9:03:57		1- Excited and ready 🤩	I'm ready to learn.
1/13/2021 9:04:20		1- Excited and ready 🤩	I fill exited because I'm ready for learn
1/13/2021 9:04:48		2- Happy and calm 😊	Because I sleep well.

Normalising discussions about feelings & wellbeing

Year 3

We are kind. We have now started to fill each other's kindness buckets online.

Thank you to these children for the kind messages you have been giving your classmates:

Oliver, Adrian, Alexandra, Anisa, Cece, Parmis, Lara, Dylan, Malak, Jayson, Valerie, Maryam, Sevda

You have given great ideas during live lessons. Well done or being focused and kind.
Miss Moxom.

You're kind.
From Oliver

Thank you for being very helpful in class.
Miss Campbell.

Thank you for being very polite and patience in class. Miss Campbell.

Great creative and listening skills.
Ms Mascall

You are really kind and nice to talk to from
Malak >



Thanks for helping Jayson

Thank you for being a nice friend Lara

Your really prettyyyyyyyyyy from Cece



PARMIS

Well done for great home learning and answering in the live lessons!
Miss Moxom.

Always focused and ready to learn.
Ms Mascall

You are good friend
From Adrian

You're kind to from
pamis

Your funny, kind, clever and a good class member from Cece

Thank you you are good at ttrs as well from Anisa



You are kind too from
Lara



OLIVER

You are a really great partner from Malak

Thank you for being kind from Dylan

Well done for making a great start to Google Classroom and giving good ideas in live lessons. Keep it up!
Miss Moxom

You're kind .
From Oliver

Fantastic, always focused and ready to learn.
Ms Mascall

You are creative
From Adrian

Well done for all your positive work this week. Keep it up!
Miss Campbell.



You are a really funny guy from malak >



TOMMY

Wellbeing Wednesday

Screen break activities planned which are shared in a virtual gallery.



SCREEN BREAK



It is important to have regular breaks away from devices.
So, each week I will set you a **CREATIVE SCREEN BREAK TASK**.

THIS WEEK'S CHALLENGE....

Create a piece of **ARTWORK** that represents **YOU**. It could be a **self portrait** or maybe a **picture of some of your favourite things**.

If you need ideas before you get started, here is a video of how to draw a self portrait:
<https://www.youtube.com/watch?v=oCDta3CQ9Ak>

After you have finished...

*Please upload a picture of what you created as a file.
I will be awarding dojos for great effort with this task & you will be in for a chance to be featured on our Online Gallery!*



Virtual Gallery



Skeleton models
in Science



Jayson



Lilly



Nathan



Valerie



Our featured artists are...

Rock Monsters



Dylan



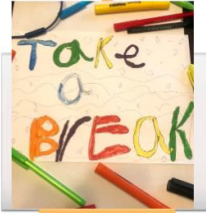
Valerie



COMING
SOON

COMING
SOON

Our featured artists are...



Malak



Joey

COMING
SOON



COMING
SOON



Our featured artists are...

Express yourself!



Oliver



Alexandra



Tommy



Anisa

Our featured artists are...



Celebration - keeping children motivated & engaged - sharing this with parents

Celebration

We have lots to celebrate in Hummingbird Class...

Star of the day

Today's star of the day is...

LARA

For having a great attitude to home learning and live lessons.







Previous stars of the day:

Spring 1 (remote learning)

- Week 1: 6/1- Alexandra, 7/1- Dylan, 8/1- Sevda, 11/1- Adrian, 12/1- Tommy, 13/1- Mati, 14/1- Malak

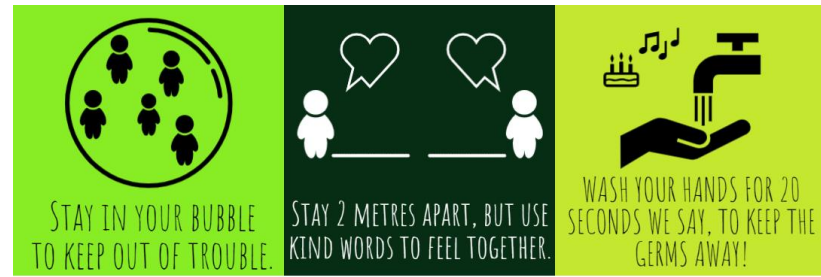
Autumn 2

- Week 7: 14/12- Sayliah, Karam, Anisa, 15/12- Anisa, 16/12- Arjun, Tommy, 17/12- All of the class!
- Week 8: 7/12- Anisa, 8/12- Joey, 9/12- Malak, 10/12- Sevda, Adrian, Sayliah, 11/12- Mati
- Week 9: 30/11- Karam, 1/12- Maryam, 2/12- Mati, 3/12- Karam
- Week 4: 23/11- Lacey, 24/11- Valerie, 25/11- Lilly, 26/11- Mhram
- Week 3: 16/11- Malak, 17/11- Victoria, 18/11- Alexandra, 19/11- Joey/Adrian, 20/11- Lara
- Week 2: 9/11- Sevda, 10/11- Jayson, 11/11- Adrian, 12/11- Tommy
- Week 1: 2/11- Karam, 3/11- Rashid, Mhram, 4/11- Arjun, 5/11- Lilly, 6/11- Shady

 <h3>Star of the Week!</h3> <p>Congratulations to</p> <p>Mikolaj</p> <p><i>You have been an amazing learner with the best positive attitude and polite manners!</i></p>	 <h3>Google Classroom Champion(s)</h3> <p>Congratulations to</p> <p>Mikolaj</p> <p><i>for completing all his ONLINE remote learning sessions with a fantastic attitude! You edited your work by reading my comments and have done a great job!</i></p>	 <h3>Bug Club</h3> <p>Bug Club Champion</p> <p>Congratulations to Ewar, Mikolaj, James, Anes, Sejon, Mohammed, Janice, for reading the most amount of books and answering questions correctly over the Christmas Holidays!</p>
 <h3>Class Dojo winners</h3> <p>Congratulations to</p> <p>Janice, Amadou, Aradhika, Alfie & David</p>	 <h3>Musician of the Week</h3> <p>Congratulations to Janice!</p> <p><i>Your hot cross buns video was amazing!</i></p>	 <h3>Timetables Rock-star champion</h3> <p>Congratulations to Amadou!</p> <p><i>You earned the most coins and answered the most questions</i></p>

Supporting parents

- ★ **Class email addresses** - direct communication between parent & teacher
- ★ **Step-by-step videos & guides**
- ★ Sharing information on **Social Media** – created **simple visual posters**
- ★ **Text messages** – used to send links/key info
- ★ **Device audit** of our families – now every single family has access to the internet & a device
- ★ Conversion of old tech to **Chromebooks**
- ★ Dedicated **Covid** section on school website with **signposted support**
- ★ **Weekly wellbeing calls** to families
- ★ 1:1 digital support from **Digital Lead**
- ★ **Wellbeing website** created for parents



WE KNOW THINGS WILL BE DIFFERENT
WHEN YOU COME BACK TO...



BUT JUST REMEMBER THESE SIMPLE
RULES, TO STAY SAFE AT SCHOOL.



[@woodlandsschoolealing](https://www.instagram.com/woodlandsschoolealing)



[@woodlandsW13](https://twitter.com/woodlandsW13)

Top tips to support your wellbeing during Covid-19

Exercise- Physical activity has a huge potential to enhance our wellbeing. Even a short brisk walk can increase our mental alertness, energy and positive mood. Participation in regular physical activity can also increase self-esteem, and reduce stress and anxiety.

- <https://www.mentalhealth.org.uk/publications/how-to-using-exercise>
- <https://www.nhs.uk/conditions/nhs-fitness-studio/>

Diet- What we eat and drink affects our physical and mental health. Having a balanced diet can have a positive impact on your energy levels, it can also help you to think more clearly and improve your mood and overall wellbeing.

- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- <https://www.nhs.uk/live-well/eat-well/healthy-food-swaps/>

Sleep -It is important to develop and stick to a healthy sleep routine - even during this time when we have been asked to stay at home as much as possible. Good-quality sleep makes a big difference to how we feel mentally and physically. For example, it helps us cope with any worries surrounding the coronavirus and boosts our immune system's ability to fight infections.

Wellbeing at Woodlands

What is wellbeing?

Wellbeing is how someone feels and how they function in their everyday life. It is more than just about feeling happy; it is about how satisfied you are and how in control you are of your emotional and physical health. Wellbeing impacts everything we do.

This website is here to signpost you to support that is available for parents. Click on the tabs to explore more.

- Wellbeing- how we can have positive wellbeing using the 5 ways to wellbeing
- Parents- support available to you and top tips (general and Covid-19 specific)
- Pupils- how we are supporting wellbeing for pupils in school
- Contacts and support- a list of helplines that you can use if you need support and upcoming parent sessions through school

What are the 5 ways to Wellbeing?

Our mental health is just as important as our physical health. There are 5 things you could do to try to improve your overall wellbeing.

Have you had your 5 a day?

Can you achieve a balanced wellbeing diet by trying to achieve the 5 ways to wellbeing each day?

CONNECT

BE
ACTIVE



Google Forms

Support for my child

If you would help with your child's worries/anxieties or difficult behaviour at home please complete this form and Ms Moxom (PSHE/Wellbeing Lead) from Woodlands Academy will contact you as soon as possible to discuss your concerns in more detail and see what support might be available from the Ealing Mental Health Team.

* Required

Email address *

Your email

Child's first name *

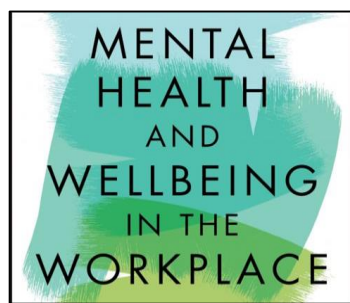
Your answer

What support are you interested in? *

- ☐ Worries/ anxieties my child has
- ☐ Challenging/ difficult behaviour my child is showing

Submit

Supporting staff wellbeing



*Reducing teacher workload & working more **efficiently** to **save time**:*

- ★ **Briefings** - a combination of **virtual & collaborative notes**
- ★ **Collaborative working** on key curriculum areas - working together in '**real time**' as we would in staff INSET sessions. Less time creating a doc, saving it, emailing to yourself/hard drive etc.
- ★ **Marking & feedback** - **quicker** with comments, gradebook, verbal feedback & **self-marking** forms/quizzes.
- ★ **Training support staff** so that they are more involved with remote learning and the wellbeing of our pupils – sharing of workload
- ★ **Fridays – No live lessons** (PPA day) & **Whole School Celebration Assembly** – teachers lead on sharing learning from their own class – a chance for everyone to feel appreciated, valued and part of the whole school community. A happy and fun end to the week.
- ★ **Dedicated 'wellbeing' Lead** as part of the team. Wellbeing made a focus in our **School Development Plan**

At times during this pandemic, staff have talked about feeling very isolated being in their bubbles & not being able to engage with the community as usual. As a surprise for staff, we reached out to the community using a Google Form...

Messages of Hopes & Thanks!

Earlier this half-term, we asked our parents and carers to send in messages of support and thanks as a surprise for our staff to keep them going during what has been an incredibly challenging time.

We were overwhelmed by the lovely positive messages we were sent by our families and would like to thank each and every one of you for taking the time to write your message of hope and thanks.

We took your messages and created a display in our Staff Room to surprise the staff. Your messages had a very positive impact on our staff who felt very appreciated by you. We are grateful for your on-going support and understanding.

We believe that the Woodlands community is a really special one!



Thank You



Google Forms

Messages of Hopes & Thanks!

We also know just how hard this time has been for the families and our wider school community. Below are messages of hope and thanks from parents and staff to our wonderful community.

Thank you for all you have done and that you continue to do.

You are all fantastic! Thanks for all your support and fabulous communication!
Miss Helen

This year has been one of the most hardest all of us as a community have had to endure. Some of you may have had loved ones afflicted with the virus and watched them struggle and felt helpless, many of us have been in the same boat you are not alone. I would like to take the opportunity to extend my condolences if you have suffered any loss during this difficult time.

There's a beautiful quote from the sayings (hadith) of the Prophet Muhammed (may peace be upon him) 'Know that victory comes with patience, relief with affliction and ease with hardship'.

- Yusuf's mum

Thank you for being so supportive and engaging with Bug Club and Google Classroom.
Mrs Soutinho-Barrett

It's a very difficult and challenging time for all of us. This type of challenge has not been observed in our life time. I thank everyone for their part to fight against this deadly virus, I thank you from bottom of my heart.

- Aiden's carers

When the world gets tough just remember your not alone. Keep communicating ♥

- Mya's mum





KEY POINTS

- ★ **Clear communication channels between home & school** - know what your platform can do
- ★ **Know the barriers** for your community - have a plan of action to address these
- ★ **Safeguarding** - ensure there are a number of 'easy' ways for a child to ask for help
- ★ **Wellbeing of pupils** - replicate as many 'school experiences' as you can & celebrate!
- ★ **Support parents & carers** in different ways – videos, calls, photo, emails etc.
- ★ **Wellbeing of staff** – what are the benefits of using digital tools?
- ★ Have **high expectations**
- ★ **Digital tools & wellbeing** – there needs to be a **balance**

Contact address: office@woodlands.ealing.sch.uk

Sonia Magan (Digital Lead & Acting Co-Headteacher)
Lauren Moxom (PSHE, Mental Health & Wellbeing Lead)

A stop-animation video made by one of our pupils at home following a computing unit on stop-motion & Anti-bullying Week.

A lovely example of the link between digital resilience & PSHE/Wellbeing.



