

**Investors in Families Lockdown Award checklist**

**This award will be given to schools that have supported children and families throughout the ‘lockdown’. Its aim is to celebrate and acknowledge the dedication, support, guidance, care and nurture that you have provided during the epidemic.**

**Communication**

How have you communicated with families?	What platforms did you use?	Frequency of communication?
<p>During the first lockdown the Ysgol Ty Coch wellbeing team made weekly phone calls home. Doing this meant we were able to check in with every family and make sure they were coping mentally, with the extra stress of remote learning and pupils being at home. By keeping this regular communication, it meant when some pupils and families needed more work or more differentiation, we were able to sort this quickly. If the school felt parents needed face to face communication our wellbeing team would visit individual families in full PPE. Teaching staff would also contact pupils on line and over the phone.</p>	<p>Our Ysgol Ty Coch wellbeing team consisted of three members of staff. At the start of each week they were given a list of pupil’s names. The school had a traffic light system which consisted of Red (in need of more than one phone call or a visit) Amber (pupils who might be struggling at that particular time) and green (staff checking to make sure everyone was ok and coping with home learning. The school system database for pupils contact during lockdown has been adopted by Multi-Disciplinary teams and been recognized used throughout Rhondda Cynon Taff Our wellbeing team was available at all times even through the school Easter holidays. This was a life line to some families thought lockdown.</p>	<p>Frequent communication from Ysgol Ty Coch was an aim of providing support and comfort to parents/carers and pupils Communication via phone call, email, or online meetings, visits, and pupils attending the Hub has been an opportunity to let each child know they are still part of the school community, that the familiar comfort of their teachers is still there (even though it might now be a face on a computer screen) and that engaging with the work and their new virtual school is a vital tool in helping with their own wellbeing and mental health.</p>



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### Engagement

<b>How have you engaged with families?</b>	<b>Was this successful? What were the barriers?</b>	<b>What would you do differently?</b>
<p>Ysgol Ty Coch have been very flexible as a Hub school.</p> <p>When the school closed to the majority of pupils in March, there was a huge increase in teachers and parents/carers working together to support children's learning at home.</p> <p>Despite some of the challenges, it has demonstrated everyone's commitment to helping children to continue to learn and progress as best they can for their own child's additional needs.</p> <p>Wellbeing staff and teachers have all had regular contact with parent/carers over the phone and through the daily use of Seesaw home schooling.</p>	<p>Working effectively with parents/carers can be challenging, and it has required sustained effort and support from every member of staff at Ysgol Ty Coch.</p> <p>The engagement with every family on a regular basis has been extraordinary. There have been barriers and there still are. Examples of some of the barriers have been, pupils not engaging, limited technology, staff and families contracting Coronavirus and parent/cares work commitments.</p>	<p>Ysgol Ty Coch now have lots of practical strategies to support learning at home. We know how important support parents is to create a regular routine and encourage good home/school habits, but we are cautious about promoting too much work which can put a strain on parents/carers and pupils.</p> <p>Ysgol Ty Coch have learned Parents can support their children by encouraging them to set goals, plan and manage their time and emotions. This type of support can help children to regulate their own learning in different ways to suit the pupil's additional needs, and will often be more valuable than direct help with homework tasks.</p>

### Home Learning

<b>How did you support Home learning?</b>	<b>What platforms did you use?</b>	<b>Frequency of Home Learning</b>
<p>It's really important to remind parents/carers this is not home schooling and they did not choose this option; it has come about as a result of an unprecedented emergency situation."</p> <p>We always try and make it clear that no parent is expected to take on the role of a teacher. We always tell parents that work is</p>	<p>In Ysgol Ty Coch It was very important for the school to communicate with one thing in mind: every family has its own unique set of challenges. Every family and their situation are different. They might be working from home with three children in different year groups and coping with a child with additional needs. or one single</p>	<p>Ysgol Ty Coch assessed the needs of families by talking and listening to parents/carers about what would help them support learning. Staff focused on encouraging parents/carers to understand that together with Ysgol Ty Coch they would be able to make a difference in their child's home learning. Helping parents/carers</p>

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<p>available to support their child, and to reinforce previous learning. This is in no way is meant as a replacement for a full taught school curriculum.</p> <p>With the help of Seesaw which has been a crucial tool for the pupils online learning parents/carers and pupils. Seesaw which has normally been a window in to the classroom has now reversed roles for the window is now looking at the home.</p>	<p>parent with an only child with additional needs fitting in nightshifts around their childcare.</p> <p>The solution was to ensure that everything that was communicated to parents/carers is done as a suggestion and that our school was very flexible. Any problems or concern's parents are encouraging to contact the school. Our school staff are all aware and regularly updated of different family situations when contact is being made.</p>	<p>understand that we are equal partners and can make a difference.</p>
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### **Health and Wellbeing**

<b>How did you promote Emotional Health and Wellbeing?</b>	<b>How was this monitored?</b>	<b>Is further work required in this area, what will you be doing?</b>
<p>Ysgol Ty Coch have understood that the lockdown might have affected the mental well-being of pupils in various negative ways.</p> <p>The Ysgol Ty Coch wellbeing team realised the pupils are often more resilient than we give them credit for, also parents/carers sometimes needed just a familiar voice to chat to.</p> <p>Some of the strategies Ysgol Ty Coch put in to place to promote emotional health and wellbeing was –</p>	<p>Ysgol Ty Coch staff have been very supportive to both pupils and parent/carers.it has been important to normalise that it's ok to feel anxious. It can also be useful for pupils to understand that things are changeable; but if they are worried, they can speak to identified key adults in their life (at school and at home) about how they are feeling.</p>	<p>The coronavirus pandemic means that pupils are experiencing endings without the usual social support systems of schools and activities. Sustaining social ties with friends, siblings and other loved ones has sometimes been very difficult. Ysgol Ty Coch has made this an important area of work to continue to try and achieve the best results for everyone.</p>



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<p>The school tried to create a sense of safety by providing structure, routine and enjoyable activities to be carried out at home.</p> <p>Opportunities were provided for pupils to talk to each other and staff about their experiences of lockdown and how they are feeling.</p> <p>Staff tried to support friendships and provide time and space for pupils to reconnect with each other and with school life on line with staff controlling the online meeting.</p> <p>Staff took time to listen to pupils and talk to them about coronavirus and related worries</p> <p>As well as the short-term impact, staff are aware that there may be long-term consequences for mental health.</p>		
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### **Innovation**

#### **How else have you gone above and beyond to support your children and families?**

Ysgol Ty Coch have gone above and beyond in supporting families, we have had a shared priority to deliver the best outcomes for the pupils and parents/carers feedback from parents have stated that parents were very grateful for the input of staff and that they now feel more engaged in their child's learning.

If staff are not shielding, they have all been regularly working at Ysgol Ty Coch's school Hub and provided online learning and class-based learning for the pupils. Wellbeing staff have paid visits to families and delivered medical prescriptions, food hampers, packed lunches, Christmas gifts etc.

Ysgol Ty Coch wellbeing staff have also hosted weekly online Coffee meet up's for parents which has been regularly attended by Mr David Jenkins the Headteacher this is providing parents with support from each other and friendship.

Ysgol Ty Coch have been there thought the pandemic for every family of Ysgol Ty Coch.