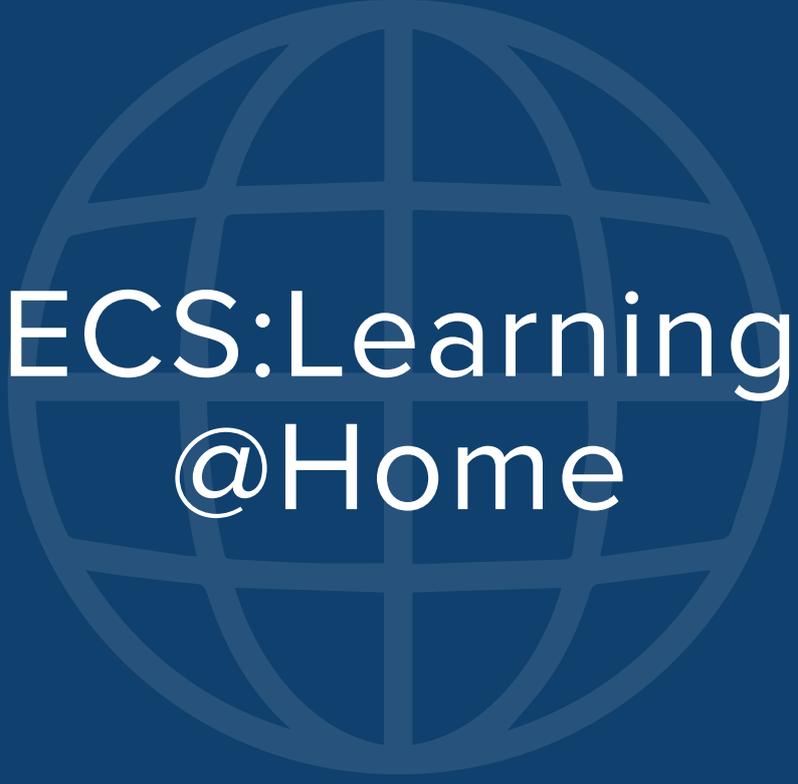




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# EXETER CATHEDRAL SCHOOL

Nursery | Pre-Prep | Prep



ECS: Learning  
@Home

## Week 8 Updates

Dear Parents/Guardians,

Welcome back to our ECS:Learning@Home update series!

We hope that you have enjoyed the half term break and the fabulous weather. As we move into the second half of term, I wanted to share some updates we have made to our online programme.

In Years 3, 4 and 5 we are pleased to increase our curriculum time for Science and we are delighted to welcome back Mrs Ross. She is very excited to develop our Physical Wellbeing provision with live sessions, bespoke coaching modules and wellbeing seminars. I would like to thank Mr Kelly for all his hard work in running the programme up to this point.

In Year 8, pupils will complete their Common Entrance examinations this week and from Monday they will begin their Leavers' Programme – an opportunity to build a variety of skills, reflect on their time at ECS, learn from visiting speakers, prepare for their senior schools and most importantly, have fun.

In all our year groups this half term we are continuing to focus on supporting pupils' mental health. Over the last few months there have been significant changes to what most of us would class as 'normal life'. These changes have most definitely caused us uncertainty and perhaps feelings of anxiety. For our children I am sure this is also the case.

In response, this half term we are creating more opportunities for our pupils, staff and you to acknowledge the events that we have been through and support one another in sharing experiences. This 'recovery' process, we believe is important in allowing us to continue to develop one of our core aims of educating the whole child.

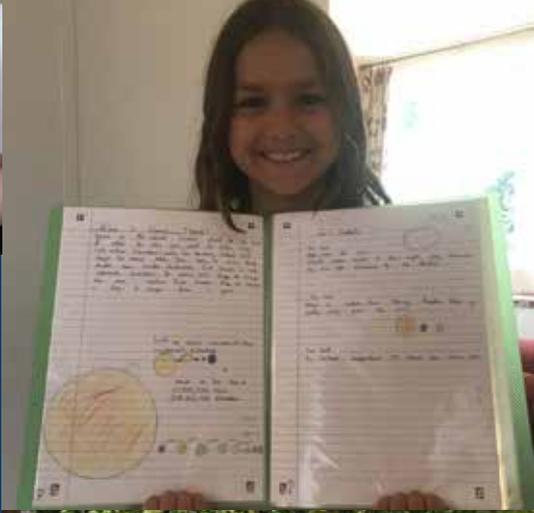
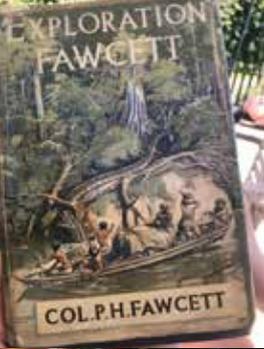
It is fair to say that we cannot just pick up from where we left off. Support and time are needed for all of us to make sense of our shared experiences. Many of us will have stories to tell and many will want to share.

To help us collectively share these stories (like we would ordinarily do at School pick-up), we would love to hear about your experiences during lockdown. This could include things you have learnt, new hobbies, new experiences with the family, photos that encapsulate this time for you, challenges etc.

Please feel free to send me your stories or photos and, with your permission, I will publish them here.

Thank you for being part of our ECS Community.

Best wishes,  
**Andy Bartlett**



ECS: Learning @Home in action!



# Physical Wellbeing

I would love to see all your efforts of physical activity throughout the week, simply upload them to the allocated weekly assignment on your physical wellbeing page.

If you would like any advice or additional/specific sessions please contact me.

**Emma Ross**

<p><b>MOVE IT Monday</b></p>	<p><b>9am-9.30am</b></p>		<p>Wake and Shake – Feeling motivated to start a new week. Exercise gives you energy.</p>
<p><b>TRICKSTER Tuesday</b></p>	<p><b>9am-9.30am</b></p>		<p>Use this time to practise your best trick shot or move. Video it and send to Mrs Ross.</p>
<p><b>WORKOUT Wednesday</b></p>	<p><b>9am-9.30am</b></p>		<p>Time to sweat in a full body work out. Give it your best. Work hard to reap rewards.</p>
<p><b>TRY IT Thursday</b></p>	<p><b>9am-9.30am</b></p>		<p>Never be afraid to try new things. Have a go, you might surprise yourself.</p>
<p><b>FUNKY Friday</b></p>	<p><b>9am-9.30am</b></p>		<p>A fun Friday with music and some dancing. Enjoy being silly and get moving.</p>
<p><b>WIND DOWN Weekend</b></p>	<p><b>9am-9.30am</b></p>	<p><b>CHILL OUT</b></p> 	<p>A chance to chill out and attempt the weekend challenge if you wish.</p>



# Breaking News from Year 5



Broadcasting from the Exe Estuary, our correspondent, Isaac W, has this report.

[View here](#)



A fresh report from our in-house news ninja, Jemima S.

[View here](#)



Breaking news from the studio with a special report from our correspondent, Rosie H.

[View here](#)



A live report from our Exmouth correspondent, Josh B.

[View here](#)

## FAQs: Parent Training

Please use the Teams Training page if you have any questions about the platform. We will get back to you asap!



# Rules and expectations when accessing ECS:Learning@Home

We hope that you enjoy and benefit from the Remote Learning Platform. It is important that all pupils follow a number of rules and expectations. These are set out below and are an extension to the usual School rules. Please read them carefully with your family members to make sure you understand what is expected of you as a member of the ECS on-line community.

By using the Remote Learning Platform you are agreeing to the following:

## **At all times you:**

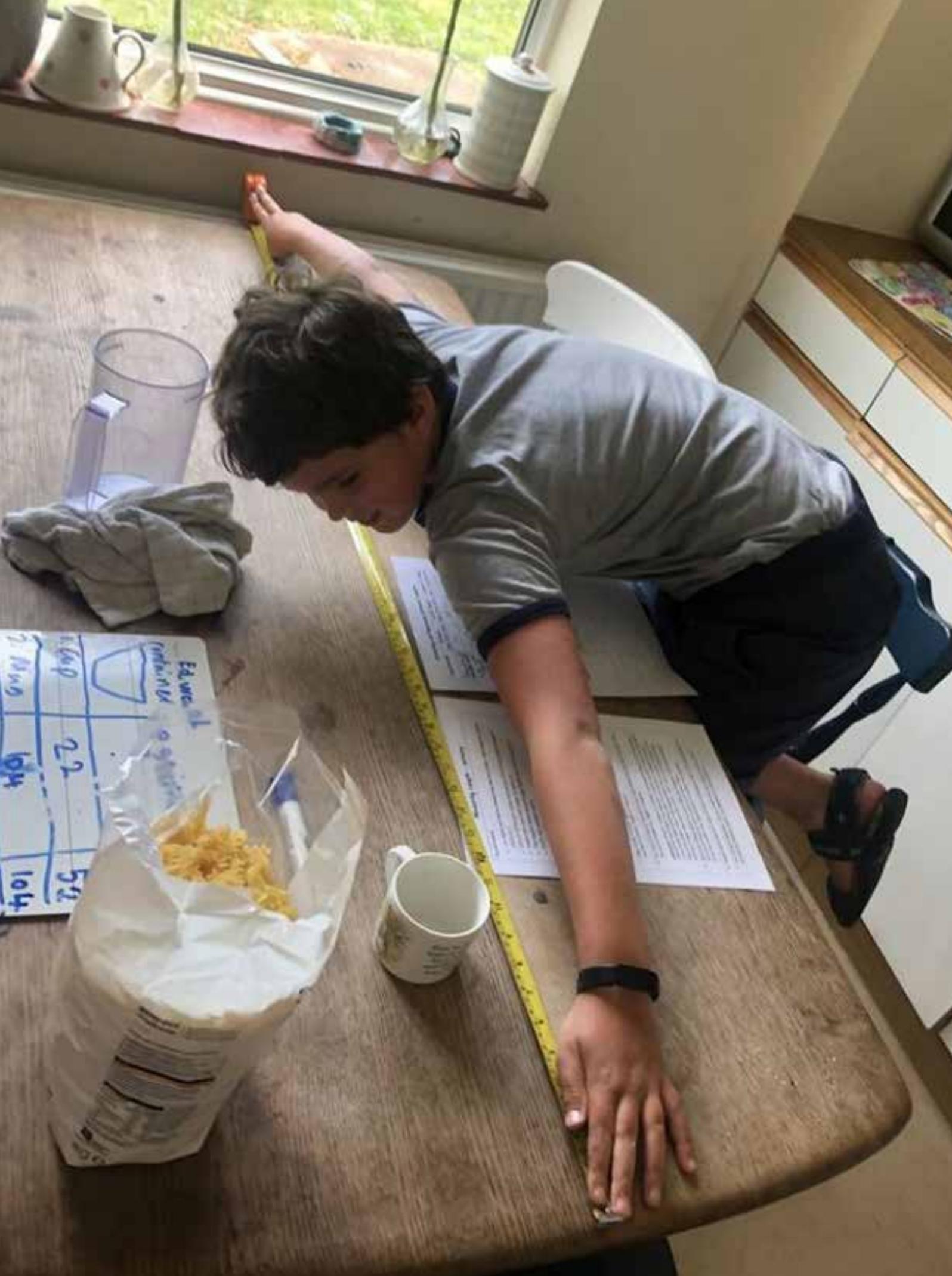
1. Will behave in accordance with our normal School rules: normal standards of behaviour, politeness and good manners apply
2. Will work hard and do your best
3. Will follow the instructions and guidance of the teacher at all times

## **Before the lesson/activity you:**

4. Will use your calendar to see the timings of your lessons each day and try to be on time for lessons
5. Will get ready before the start of each lesson, with your books/files/pencil case etc
6. Will make sure you are appropriately dressed; explain to other members of the household that they should do the same
7. Will consider your 'work station' carefully:
  - a. you should be in a public area of the house (not in a bedroom with the door shut)
  - b. members of the lesson may see what's around/behind you: are you happy with this?

## **During a lesson/activity you:**

8. Will not begin a lesson/meeting; you will wait for the teacher to do this
9. Will click 'join' once the teacher has started the lesson
10. Will keep your microphone and camera turned off ('muted') when joining a live lesson or assembly unless your teacher says otherwise
11. Will interact politely and respectfully: being in a digital classroom doesn't mean we don't expect high standards.
12. Will use the chat function (the stream on the right-hand side) appropriately:
  - a. to ask a question of the teacher (ask your question politely and once; please be patient and give the teacher the time to reply)
  - b. to answer a question if asked to do so



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13. Will remember that all chats and all lessons/activities may be recorded
14. Will not record any part of the lesson, communication with teachers, any video links, or take any screen shots
15. Will not mute or unmute others, nor 'request control': this is to be done by the teacher only
16. Will try your best to hand in any work that your teacher asks you to

**At the end of a lesson/activity you:**

17. Will leave the meeting (clicking the red phone icon) when asked to; you will not continue chatting after the end of a lesson
18. Will not begin or join any meetings or chats that are not timetabled activities begun by a teacher

**Some additional notes**

- Teachers will be available to chat 'live' during their usual timetabled lesson times. This will allow pupils to ask questions about their work. Pupils can also post questions at any time, which teachers will be able to answer during their timetabled lessons
- We do not expect you to do Prep or extra work at the end of the School day. Of course, you can finish some work off during this time if you would like to. Year 8 pupils will be sitting Common Entrance after half-term, so may wish to take advantage of the opportunity to do some revision on some evenings
- If there is something you are worried about you should do just what you would do at School: tell a member of staff. If it's about your lesson you can use the chat stream if you want. If it's something more personal that you need to share, you can write a message in the 'Class Notebook' section of your team page. Only you and your teacher can see these messages.



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## EXETER CATHEDRAL SCHOOL

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