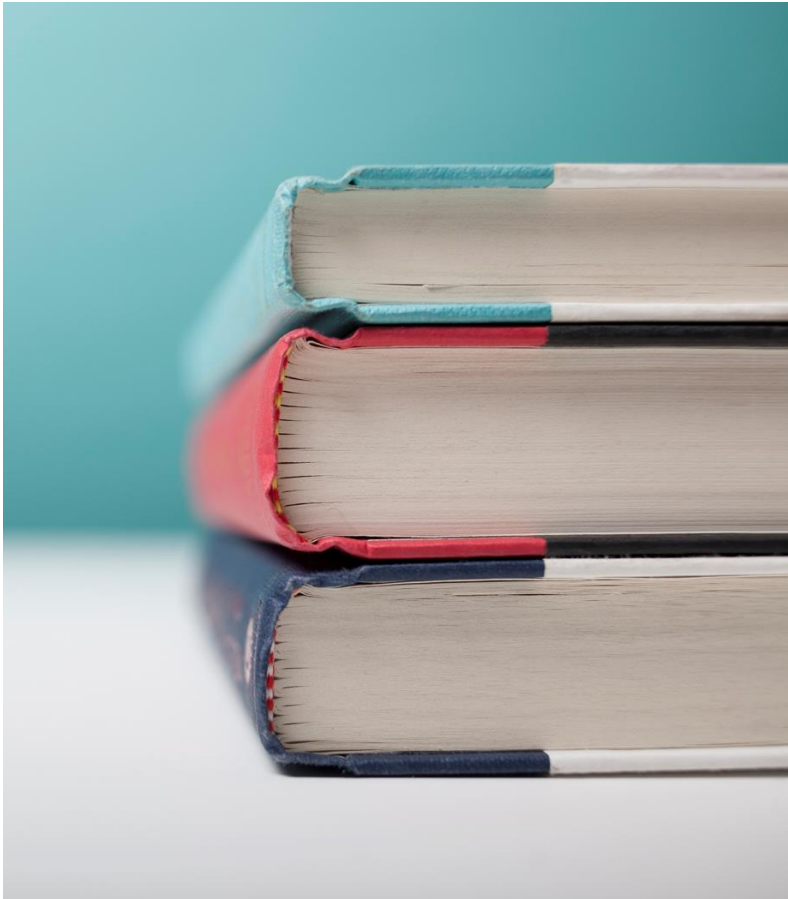




BRISTOL
METROPOLITAN
ACADEMY

Guide for students and their families during enforced closure



We are a community

We look after each other



Useful Information

Bristol Metropolitan Academy Contact

info@bristolmet.net

0117 377 2071

NHS – use the online service first if you can, to see whether you need to ring 111

<https://111.nhs.uk/covid-19/>

111 or 999 if an emergency

Coronavirus

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government Guidance

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Working at home – Our useful links

<http://bristolmet.bristol.sch.uk/school-closure-learning/>

Extra work for all years

<https://www.senecalearning.com/>

Year 11 Maths

<https://hegartymaths.com/>

If you need to speak to a **Safeguarding** trained staff member between 8:30am and 4pm Monday to Friday
07494 272 819

If you need to speak to a member of the **House Team** between 8:30am and 4pm Monday to Friday
07494 268 111

If you receive support from **SSB** (Student Support Base) they can be contacted 8:30am to 4pm Monday to Friday on **07498 789 597**

If you need to speak to a member of the **Senior Leadership Team** between 8:30am and 4pm Monday to Friday
07494 268 307

Help for students

Call Childline on 0800 1111

(you do not need to give your name)

Use Kooth our online counselling service

<https://www.kooth.com/>

What will happen when school is closed?

This is NOT a holiday!



- You have expectations of work to complete
- There is a suggested timetable though your parents/carers may develop their own
- Some of you will have phone calls or contact from school
- Year 10 and 11 – it is really important that you continue to work hard. Year 10 will be entering Year 11 on return. Year 11, you still need to demonstrate completion of the GCSE course to get your grade.

What to do if you have any questions or worries:

Email the school on:
info@bristolmet.net

Check the school website and Twitter

Use the list of contacts on the front of this booklet

Contact **Childline** (you don't have to give your name)



Your Timetable

Try and follow a “normal” school day structure during the closure, it will be of use to you having a routine during this difficult time.

- ✓ You will need to complete all work in the Sharepoint Folder shared with you in your email
- ✓ If you need to contact your teacher you can do this through the school email system
- ✓ If you cannot access online let us know, if we cannot fix it, you will have paper copies of work to do.
- ✓ Take regular movement breaks. *Depending on current guidance this should include getting some fresh air outside.*

Year 7 and 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:40-9:40am	English	Maths	Geography	Maths	English
Period 2 9:40-10:40am	Art	DT	Science	Drama	Maths
Period 3 11am-12pm	Languages	English	Computing	PSHE	Science
Period 4 12pm-1pm	Maths	RS	Languages	History	Music
Period 5 1pm-2pm	Science	PE	English	English	Free Choice!

Years 9 to 11

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:40-9:40am	Maths	English	Maths	Science	Option 2
Period 2 9:40-10:40am	English	Option 2	English	Option 3	Science
Period 3 11am-12pm	Science	Maths	Science	Maths	English
Period 4 12pm-1pm	Option 1	Option 3	Option 1	Option 1	Maths
Period 5 1pm-2pm	Languages or Core Study	Science	Option 2	Languages or Core Study	Option 3

Advice for symptoms and self-isolation if needed

(correct at 9:00am 20th March 2020)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

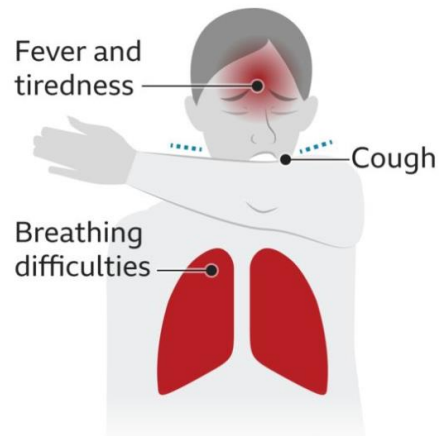
How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

Read our [advice about staying at home](#).



If you have a new cough or high temperature you should stay at home for seven days

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards
- ✓ avoid close contact with people who have symptoms of coronavirus
- ✓ only travel on public transport if you need to
- ✓ work from home, if you can
- ✓ avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- ✓ avoid events with large groups of people
- ✓ use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Don't

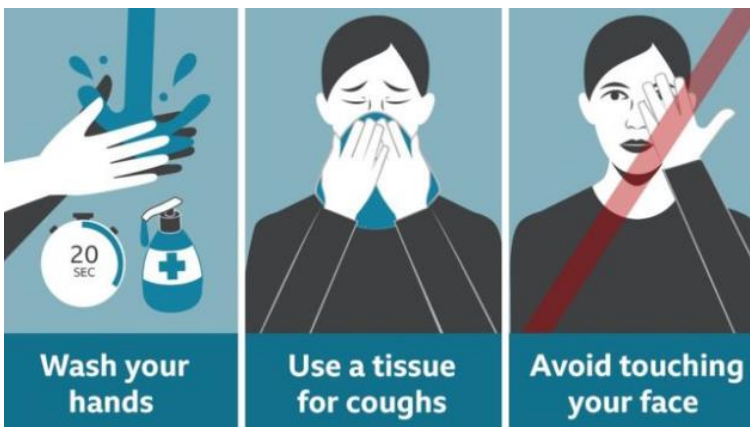
- ✗ do not have visitors (ask people to leave deliveries outside)
- ✗ do not leave the house, for example to go for a walk, to school or public places

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

➔ [Use the 111 coronavirus service](#)

Only call 111 if you cannot get help online.



Safeguarding Support and Advice for Students



Useful Contact Numbers for Students

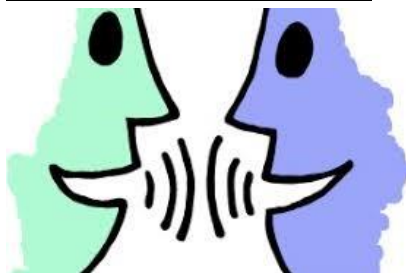
The internet can provide you with lots of information and guidance on any concerns that you may have however your home academy website can also provide you with information on safeguarding so please have a look. We have provided you with some other contacts below that may be useful for you.

If you have a concern you can contact a member of your Academy safeguarding team during the hours of 8:30am to 5pm on the following email address (**bmasafeguarding@clf.uk**)



After these times if you can call the **Police** on 101 non-emergency calls or 999 in an emergency

Need to talk to someone?



Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. <https://www.kooth.com/>

OTR- mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire <https://www.otrbristol.org.uk/>

Childline Online support and awareness <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

[Talk to a councillor on the phone](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/) 0800 1111 this is a free call.

NSPCC: Child Protection Helpline 0808 808 5000 www.nspcc.org.uk

Mental Health Wellbeing

MIND- We're Mind. We understand mental health and wellbeing. We're here if you need us for support and advice. We help everyone understand mental health problems, so no one has to feel alone. <https://www.mind.org.uk/information-support/for-children-and-young-people/> telephone [0300 123 3393](tel:03001233393)

Rethink: Downloadable booklets on various mental health difficulties and how to take care of yourself. Practical Mental Health Information Line 0300 5000 927 (Mon-Fri 10am-2pm) www.rethink.org



FRANK: Support, advice and information on any issues or questions relating to drugs and alcohol 24/365 Helpline 0300 123 6600 SMS 8211 www.talktofrank.com

Alateen: Support for families and friends of alcoholics 0207 403 0888 Confidential Helpline www.alanonuk.org.uk/alateen

BDP-Bristol Drugs Project-Whether you're using alcohol or drugs yourself, or you're being affected by someone else's use, we can provide you with free and confidential support. <https://www.bdp.org.uk/youth>



Brook Advice: Advice around sexual health and contraception www.brook.org.uk

Wanting 2BU – Sexual Identity: For Young People in Somerset. A support Group funded by the NHS, SCC and Connect South West Limited 07857 939941 www.2bu-somerset.co.uk



Childnet- Welcome to Childnet International's website. The internet is an amazing place and a wonderful resource and our aim is to help make the internet a great and safe place for children and young people. Find the latest information on the sites and services that you like to use, plus information about mobiles, gaming, downloading, social networking and much more. <https://www.childnet.com/young-people>

Childline Online support and awareness <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

UKSafer Internet Centre- Advice and guidance for young people on how to stay safe online <https://www.saferinternet.org.uk/advice-centre/young-people>



Anti-Bullying Alliance- Advice and links to other support groups if you are worried about bullying <https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied/i-am-being-bullied>

Childline Online support and awareness <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>



Young Carers / Childline- Find **advice** about making things easier and ways to help you cope. <https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/>

NSPCC- advice and guidance to help people keep safe from FGM <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>