

29th January 2021

Dear Parents and Carers,

Weekly Round-Up for Parents

I wanted to open our weekly letter with confirmation that the current situation with schools will remain the same until at least the 8th March. This means that we will continue to offer Essential School places to our vulnerable children and those of key workers, as well as providing our remote learning offer for all other children. During the next four weeks, our commitment to provide high quality learning experiences continues and you will see below that we are constantly evolving our offer based on your feedback, so thank you again for your continued support and communication.

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Remote Learning:

We have had another very successful week of remote learning and we are incredibly proud of all of the hard work and dedication that our students are showing to their studies. A number of you have asked us for a timetable of when our live lessons are taking place and we have included this below. Next week, we are pleased to say that we are able to offer even more live lessons! We will send you a schedule each week in our update.

W/C 1st February 2021 (Week A)

	Year 7	Year 8	Year 9	Year 10	Year 11
Art	Pre-recorded lesson with live support	Pre-recorded lesson with Live support	All live lessons	All live lessons	All live lessons
Catering	Set task with live support	Set task with live support	All live lessons	All live lessons	All live lessons
Computer Science	Pre-recorded lesson with live support 7x - A Tue 1 7y - B Mon 1 All other lessons are now maths lessons.	Pre-recorded lesson with live support	All live lessons	The 'double lesson' is live.	All live lessons
Dance	n/a	n/a	All live lessons	All live lessons	All live lessons

Continued...



I S C A A C A D E M Y

INSPIRATION FOR LIFE

	Year 7	Year 8	Year 9	Year 10	Year 11
Drama	Pre-recorded lesson with live support	Pre-recorded lesson with live support	All live lessons	All live lessons	All live lessons
English	Tuesday Period 4: 7y1, 7y3, 7y4 live lesson Tuesday Period 5: 7x1, 7x2, 7x4, 7y2 live lesson Wednesday Period 1: 7x3 live lesson All other lessons are pre-recorded lessons with live support.	Pre-recorded lesson with live support	Monday period 3: 9x1, 9x2, 9x3, 9x4 live lesson Monday period 4 9y1, 9y2, 9y3, 9y4 live lesson All other lessons are pe-recorded lessons with live support	All live lessons	All live lessons
French	1st lesson of the week is live and the 2nd lesson is a set task with live support	1st lesson of the week is live and the 2nd lesson is a set task with live support	1st lesson of the week is live and the 2nd lesson is a set task with live support	All live lessons	All live lessons
Geography	All live lessons	All live lessons	All live lessons	All live lessons	All live lessons
History	1st lesson of the week is live and the 2nd lesson is a set task with live support	1st lesson of the week is live and the 2nd lesson is a set task with live support	All live lessons	All live lessons	All live lessons
PHSE	Online Task	Online Task	N/A	Online Task	Online Task
iMedia	N/A	N/A	Set task with live support	Set task with live support for the single lessons Live lesson for the double lessons	N/A
Maths	All live lessons	All live lessons	All live lessons	All live lessons	All live lessons
Music	Pre-recorded lesson with live support	Pre-recorded lesson with live support	Pre-recorded lesson with live support	All live lessons	All live lessons
PE Core	Online Task	Online Task	Online Task	Online Task	Online Task
PE GCSE	N/A	N/A	All live lessons	All live lessons	All live lessons

Continued...

	Year 7	Year 8	Year 9	Year 10	Year 11
PE Sport Studies	N/A	N/A	All live lessons	All live lessons	Set task whilst the teacher is doing 20 minute 1:1 interventions
Photography	N/A	N/A	All live lessons	All live lessons	All live lessons
RE	Pre-recorded lesson with live support	Pre-recorded lesson with live support	All live lessons	All live lessons	All live lessons
Science	All live lessons	All live lessons	All live lessons	All live lessons	All live lessons
Technology	Set task with live support	Set task with live support	All live lessons	All live lessons	All live lessons

Visual Health

Online learning presents us all with a number of challenges, one of which can be an increase in headaches and migraines due to increased time in front of a portable device. You may or may not be aware that you can buy 'blue light blocking' glasses, which help to minimise the impact of this. We have a number of students and staff who are now sporting these and report a real improvement in their visual health as a consequence. If you would like to explore this further, a good place to source them is Amazon.

Year 8 Options

If you are a parent of a student in year 8 and have not yet completed our initial 'Options' survey, please click this link to complete it: <https://forms.gle/LL1nQHyBuXJmp4297>. Thank you to all those who have completed this so far. I would like to reiterate that at this stage, this is purely to aid our planning and we will be launching the full options process after February half-term where you and your child will have the opportunity to find out the necessary information about each subject to enable you to make an informed choice. We will send out a letter on Monday 22nd February detailing the process along with all of the information you will need.

Reading

Last week we included some information about the options available to source online reading material. This week we're pleased to present the 'Virtual School Library'. Oak National Academy and the National Literacy Trust have teamed up to keep children reading during lockdown, please click on the link to access the [Virtual School Library](#).

Children's Mental Health & Awareness Week 1-7 Feb

Next week is Children's Mental Health Week (1-7 Feb) and we will be recognising this across the school with various planned activities. There will be a launch assembly for all year groups on Monday, when we will outline what is on offer. As an example, we have some excellent tutor activities for Years 7 and 8 (provided by Sustrans), which are based around 5 Sensory Discoveries, all designed to help children be active, focused, positive and happy and more importantly move away from their screens at this time. Students in Years 9 to 11 can take part in Emotional Freedom Technique and Art Therapy activities to improve mindfulness.

Students can participate whether at home or in Essential School by checking out the ['Children's Mental Health Week' page on our website](#). Our very own arts-based Mental Health and Wellbeing Programme, Studio71, will be supporting our students and can be accessed through Google Classroom. With almost 600 students regularly engaging in daily wellbeing activities, Studio71 is there to help students manage their social and physical wellbeing.



Studio71 offers quizzes, mindfulness activities, suggestions for expressing feelings through art, daily check-ins, weekly Kahoot Quizzes, working from home tips, a virtual social club and coping strategies, to name only a few things. There is something for everyone across all year groups!

Please send in any related nominations for our Lockdown Legends – we would love to hear about what students are doing in support of Children’s Mental Health Week. Send us an email nomination at LockdownLegends@iscaexeter.co.uk

Tassomai Update

The Science department has been pleased to see so many students have got back into the habit of using Tassomai as part of their Science homework. During the past week, students from Isca have answered 36,000 questions correctly, with the top tutor groups being 11RA, 10TW, 9JEM, 8ME and 7IH. Well done!

Tassomai is a vital tool to help reinforce current learning and practice recall of prior knowledge, and should be completed every Tuesday, Wednesday and Thursday. For Year 11 students, it will also provide important evidence that we can use to help determine your final grade this year.

If students have forgotten their password, this can be reset using their school email, or by contacting their Science teacher.

Parents Information Evenings

The parents’ information event for **Year 9** parents will take place on **Thursday 11th February 2021** between 3:30pm and 7:30pm by telephone.

The evening is designed to enable you to speak with individual subject teachers to review how your son/daughter is making progress and to discuss ways of working together to best support their academic and personal success.

You can book your appointments online by going to the following website: www.parents-booking.co.uk/isca

Bookings can be made from Monday 1st February at 12 noon. The bookings will close on Wednesday 10th February at 12 noon.

Year 10 Parents evening is currently taking bookings for appointments on **Thursday 4th February**. Parents can book through the same link www.parents-booking.co.uk/isca which remains open until Wednesday 3rd February at 12 noon.

Free School Meal Hampers

We are pleased to let you know that Free School Meal Hampers will now be delivered directly to your home. The boxes will cover a two week period and include fresh items and cupboard basics to allow your child to have 10 nutritious lunches over the fortnight. If your child is eligible for Free School Meals and you haven’t already completed the form regarding home delivery, please do so here: [Food Parcel Delivery Form](#) Any queries about Free School Meals should be emailed to fsm@iscaexeter.co.uk

Thank you for your continued support and I wish you all a safe and restful weekend.

Yours sincerely,

Miss Aimee Mitchell

Headteacher