



What happens now?

March 2020



You will all have seen and heard about the Coronavirus (COVID-19) in the news

The stories that you have probably heard most about are ones like these:

Coronavirus

See All



'I've cancelled my wedding because of coronavirus'



Why we touch our faces and how to stop doing it



How is the UK tackling coronavirus?



On the front line of the coronavirus clean-up



What are countries doing to protect people?



Pubs asked to close by Irish government

The move is part of social distancing measures to slow the spread of coronavirus.

2h | Europe

Virus isolation for over-70s 'within weeks'

As the UK death toll hits 35, officials say some people will be asked to stay home for "a very long time".

8m | UK

- Five ways hospitals will change to tackle virus
- A visual guide to the pandemic
- What are the symptoms?



Europe battens down hatches as Italy deaths rise

Schools, shops and bars are told to close as the number of deaths in Italy jumps by 368 in 24 hours.

13h | World



Help make more ventilators, minister tells industry

The health secretary pleads with manufacturers like carmakers to help fill the NHS ventilator shortage.

2h | Business

Panic buying sweeps stores despite appeal for responsible shopping

Empty shelves and complaints of inconsiderate stockpiling as public prepares for self-isolation amid coronavirus crisis

- Coronavirus - latest updates
- See all our coronavirus coverage





A shopper in front of empty rice and tinned goods shelves at a Sainsbury's. Photograph: iStock/REX/Shutterstock



....and this....

How can you stop coronaviruses spreading?

If you need to cough or sneeze			You should wash hands with soap & water or hand sanitiser				
							
Catch it with a tissue	Bin it	Kill it by washing your hands with soap & water or hand sanitiser	After breaks & sport activities	Before cooking & eating	SCHOOL ETC. On arrival at any childcare or educational setting	After using the toilet	Before leaving home
✓ Try not to touch your eyes, nose, and mouth with unwashed hands	✓ Do not share items that come into contact with your mouth such as cups & bottles	✓ If unwell do not share items such as bedding, dishes, pencils & towels					



HM Government **NHS**

Coronavirus

Wash your hands more often for 20 seconds

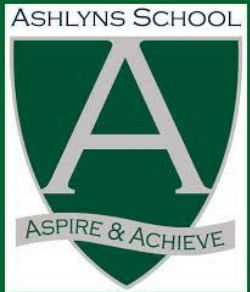
Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



For more information and the Government's Action Plan go to nhs.uk/coronavirus

CORONAVIRUS
PROTECT YOURSELF & OTHERS



But how many of you have seen or read stories more like this?

M News ▶ UK News ▶ Coronavirus

Coronavirus: Woman's amazing act of kindness to help self-isolating neighbours

Becky Wass, from Falmouth, Cornwall, has made a print at home #viralkindness postcard which allows people to tick boxes outlining what help they require as they self-isolate from Covid-19

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

Coronavirus: campaign launched offering help to those self-isolating

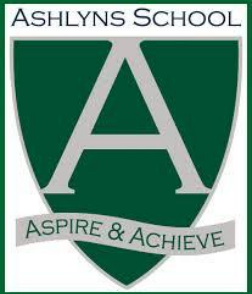
As part of #viralkindness campaign the public can print and share cards listing their services

- [Coronavirus - latest updates](#)
- [See all our coronavirus coverage](#)



Jon Green and Becky Wass, who wanted to make a positive difference. Photograph: Becky Wass /





Whatever your thoughts, feelings and perspectives on the Coronavirus are, the pandemic is a reality that we are now dealing with.

Everyone needs to prepare and respond, including:



You!



GOV.UK

The Government



The School



What is the school doing?

The school will be closed to the overwhelming majority of students from the end of Friday 20.3.2020. Lots of schools in other countries have already been shut.

The closure is “not because schools are dangerous places for children”, but to “put some brakes on the system of transmission” of coronavirus, and make sure NHS critical care does not reach “critical” capacity.

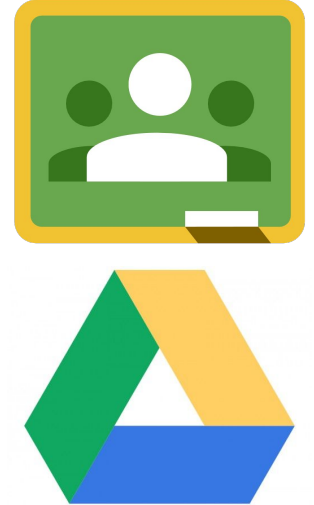
Sir Patrick Vallance, the government’s chief scientific adviser

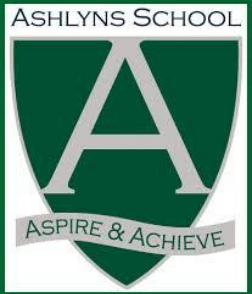
Staff are still working, to help you continue to learn and stay safe. Guidance on remote learning is being sent home to all families today.



What happens from Monday?

- You will be expected to complete work and engage with your learning to meet our normal high expectations, but in a different way
- Teachers will be spending Monday finalising a programme of 'remote learning' for you
- Learning will be timetabled from Tuesday via google classroom - five lessons' worth of learning for each day





Distance Learning

We are using 'distance learning' (using technology) to keep you on track with your studies.



Work will be set on Google Classroom. You should ensure that you have joined for all your classes and that you log-on daily.



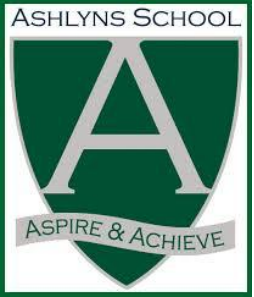
If you have any difficulties with your learning, please tell your parent/carer as they will be able to support you or contact the school.



The work will be ready on Google Classroom for you to complete on the day/time you normally have your lesson.



Teachers will set different tasks. These might include watching a presentation, answering questions, taking notes or completing a quiz.

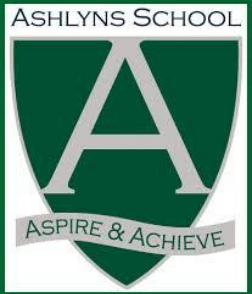


Distance Learning - expectations

Your education is important. You should take the work seriously and try your best.

Although you won't be in school, teachers will still be checking your understanding e.g. by setting you an online test or asking you to upload your completed work.

Normal expectations regarding the use of Google Classroom apply.



Wellbeing and contact

Your Head of Year will keep in regular contact with you via your Year Group Google Classroom page



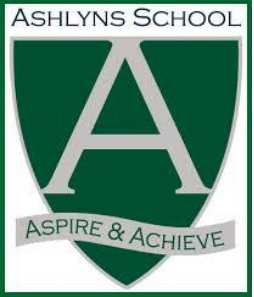
- Wellbeing articles - staying fit and healthy
- Updates on the news
- Year Group virtual challenges



Wellbeing and contact

Your Tutor will keep in weekly contact with you via a new Tutor Group Google Classroom page, including

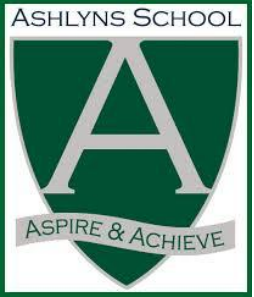
- To check that you are getting on ok
- If everything is going well, simply click the 'mark as done' box
- If you have any issues or concerns, you can send your tutor a comment. They will then be able to advise you, or pass the concern to the relevant person



Connect with the world around you

- Stay connected with your friends, school and extended family members via online video chats, messaging or emails.
- Talk to people and ask for help if you feel sad, worried or have a low mood.
- Listen to podcasts which interest you, make you feel good and inspire you.
- Watch YouTube videos about fascinating things or motivational talks.
- Encourage your friends daily and make a pact to keep each other motivated.
- Read a book and write down some motivational things you have learnt from it.





The importance of motivation

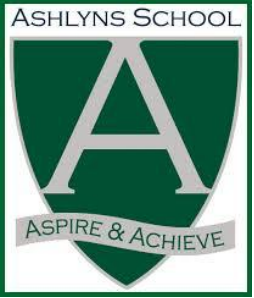
Stay focused:

- Organise and plan your daily activities - be consistent each day with your routine.
- Set yourself mini goals daily and tick them off. Reward yourself if you achieve a set number during the week or day!

MOTIVATION



Loading...



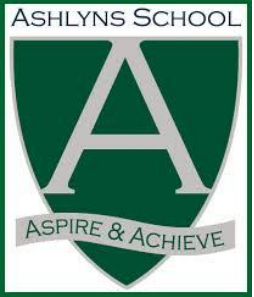
The importance of motivation

Maintain a sleep routine:

- Try to go to bed at the same time each night and aim to get 8-10 hours sleep to function at your best.



- Remember your sleep has an impact on your mood, concentration levels and mental health.



The importance of motivation

Keep active:

- Get out in the fresh air and go for a daily walk, jog, run or cycle
- Design a home fitness workout for you and your family to take part in
- Take part in an online yoga or fitness class on YouTube



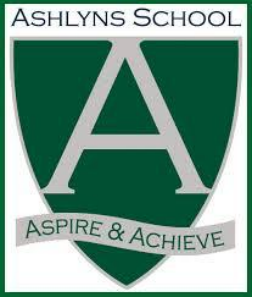


Best National Trust Parklands on your doorstep!

Ashridge Estate:



With 5,000 acres of ancient woodland on the Hertfordshire-Buckinghamshire border, **Ashridge** offers 80 miles of designated footpaths, bridle paths and bike trails, though the visitor centre and shop are now closed. First settled by Blue Friars in the 13th century, the parkland was developed by Capability Brown in the 1760s. The blue cassocks are long gone, but in spring the forest is cloaked in bluebells and wild garlic. Fallow deer, introduced by the monks, are easily spotted. Ashridge is a nationally important site for ancient and veteran trees. An ancient yew starred in Harry Potter, and the woods, with fake snow added, were used in the 2012 *Les Misérables* film. There are nine self-guided walks - from Ancient Trees to the Battle of Berkhamsted Common - and four waymarked walks (no map required). A four-mile cycle route is ideal for families.



Stay safe!

Stay sharp!

Stay Ashlyns!