



Dear Parents/Carers,

I hope this letter finds you and your family well. We again find ourselves in a time of home learning where students will be away from the classroom. In order to support you and your child during this period of home learning we have provided a series of resources. Please click into the links below to access the information.

### **The Parents' Guide To Homelife and Study 20-21**

The purpose of this information is to help parents in guiding their children to make the most out of their time at home and protect your family's mental and physical health. The guide addresses the following key areas:

1. Help your child study at home
2. Ways to boost your child's immune system
3. Strategies to protect your child's mental health
4. Where to get support
5. How to look after ourselves

<https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/01/Parents-Guide.pdf>

### **The Parents' Guide to Studying for GCSEs in 2021.**

Please note the information regarding examinations and further arrangements refers to schools in England. However, the information regarding home learning, routines and mental health are extremely helpful for all students and their families.

<https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/01/The-Parents-Guide-to-studying-for-GCSEs-in-2020-2021.pdf>

### **Supporting Home Learning Routines**

Aims to provide a series of easy steps parents can take to build a great home learning routine with their child.

[https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/01/Supporting home learning routines - Planning the day.pdf](https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/01/Supporting%20home%20learning%20routines%20-%20Planning%20the%20day.pdf)

### **Support for parents and carers while schools work differently because of restrictions in place to prevent the spread of coronavirus**

Produced by the Welsh Government, this information sheet provides a wealth of information including useful website helplines and links to information regarding online safety.

<https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/01/information-sheet-english-1.pdf>

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## **Online safety top-tips for secondary aged learners**

This leaflet is designed for students. We acknowledge the internet is a fantastic tool that can be used to stay connected with your friends and family, access entertainment, such as videos and online games, and for support with your learning and school work. There are clearly many benefits, but it is important that students are aware of the risks and to follow the tips to help stay safe online.

<https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/01/stay-safe-stay-learning-online-safety-guidance-for-secondary-school-learners-final.pdf>

Furthermore, wellbeing resources have been posted on each Progress Manger's Google Classroom platform. If you require any further help to access these resources then please contact your child's Progress Manager for advice.

Finally, we recognise that home learning can be a very stressful time, creating problems which would otherwise not be there for our families. It is our intention as a school to continue to work with you through this difficult and unusual time. Please feel free to reach out if you feel the need to do so and we will do what we can to help you and your family, or signpost you to other agencies who may be able to support you.

Yours sincerely

V Brown

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Deputy Headteacher