

COLLABORATION C19 SPECIAL EDITION



First of all, I hope that you, your colleagues and families are managing during these very uncertain times.

The benefits of working together and providing mutual support seem even more important now.

Whilst we do not want to be in this situation it is encouraging to see the innovative approaches to learning schools are taking, and

the many examples of our schools working collaboratively with others, strengthening our sense of community and remaining outward-looking and connected. If any school is struggling with anything right now there will be another one that may have a solution so please get in touch and together we can work through this challenging time.

Our large team of system leaders are always willing to share ideas and resources so please don't struggle alone.

We understand that you have some very important priorities at the moment and we don't want to distract you from these, but we wanted to give you an update on some of our work with you to help you keep informed.

First of all the team is still here and all set up for remote working.

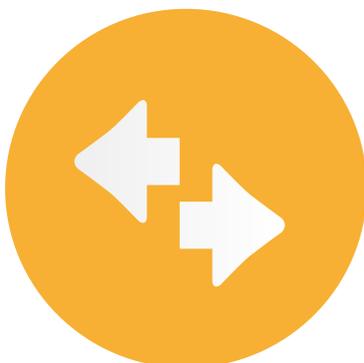
You will find the teaching school central team's contact details here:

www.allianceforlearning.co.uk

Best wishes,

Lisa Fathers

Director of Teaching
School & Partnerships



Contact and Collaborate



Remote Working



Still here for you



CPD

As you know we suspended all face-to-face delivery before schools closed and this is still the case.

We've made this decision to try and give you the time and space to focus on the most important things at this time. We understand that continuing professional development will be difficult to engage properly with in the current circumstances.

If any delegates on our NPQ Courses wish to request an extension to the assessment assignment please email: ccritchley@aggs.bfet.uk we understand this is a challenging time.

Our NPQ facilitators are emailing optional suggested reading lists so that people can continue to learn if they wish.

With other CPD, as things progress and any staff in our schools would like to arrange bespoke on line CPD delivered via Zoom/Teams perhaps after the Easter holidays then get in touch.

There are some brilliant staff CPD resources here:

www.teaglo.com

www.freestafftraining.co.uk/teacher-training/

www.open.edu

www.chartered.college



Home supported learning – Evidence for Learning
<https://my.chartered.college/2020/03/supporting-the-home-learning-environment/>

Home schooling – Alex Quigley
<https://evidenceforlearning.org.au/covid-19-home-supported-learning/advice-for-parents/home-learning-concepts/>

Think pieces for teacher's CPD - Teaching and Learning research summaries – Tom Sherrington
<https://www.theconfidentteacher.com/home-school/>

Good research reads for teachers – Kate Atkin, Deputy Head Balby Central Primary Academy
<https://teacherhead.com/2017/06/03/teaching-and-learning-research-summaries-a-collection-for-easy-access/>

Good research reads for early career teachers
https://padlet.com/kate_atkin/zrb6pwr7dirs

Home supported learning – Evidence for Learning
<https://my.chartered.college/2020/03/supporting-the-home-learning-environment/>

https://padlet.com/kate_atkin/d3bavu429frl

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TEACHING

Chartered College of Teaching

We have a strategic partnership with The Chartered College of Teaching with our trainees and NQTS getting free access and our Director of Teaching School and BFET CEO being 'Chartered College Fellows'.

The Chartered College team are working hard to ensure you have access to the support you need. There is a wealth of teacher insights across our profession that you may have seen. On MyCollege they have a dedicated COVID-19 resources hub. This includes a range of resources such as reading lists, compact guides and vlogs.

www.my.chartered.college/resources/covid-19-support

AFL SCITT Update

We are still open for recruitment!

To adjust to these uncertain times, we have adapted our interview systems using an online platform which will allow us to continue to recruit potential QTS candidates remotely for 2020-21.

Candidates will be asked to prepare and present a mini teach/lesson, followed by an online interview and a timed written task.

NQTS and NQT Induction tutors.

We understand that this is a difficult and confusing time in what are certainly unusual circumstances, so we wanted to take this opportunity to remind all our NQTS and NQT Induction tutors, that the Alliance for Learning is still open for business and will continue to offer support and advice regarding this induction year. We are also able to take registrations for NQTS for 2020-21.

Our current understanding for NQTs and the final recommendation for QTS is, if your NQT is currently on track and they continue to prove so over the school closure period through engagement with work activity, then we can apply our joint professional judgement and award the final QTS recommendation.

With this in mind, we should point out that any trainees not currently on track are likely to require an extension to their NQT induction and this will vary depending on the length of the school closure.

This will be reviewed on a case-by-case basis.



Mentors and support for schools over this difficult time.

We have advised our trainees to reach out to their departments in order to continue to contribute to the planning of work in order to continue to demonstrate their ability against the teachers' standards.

More detail on all of this is here:

[Alliance For Learning Blog](#)

For more information please contact:

Eleanor Davidson edavidson@aggs.bfet.uk

Early Career Teacher Framework

Firstly, we want to assure you that the teaching school, DfE and Ambition Institute are still committed to starting the programme in September, and we are monitoring the situation to see if our plans and timescales need to be adapted as the outbreak develops.

The DfE are still committed to starting the programme in September even if this means beginning the programme with a lower cohort, and continuing to recruit to the programme during autumn term. Our recruitment is continuing. The intention of this is to give you reassurance of our commitment to working in partnership with all our schools.

PSHE/Sex and Relationships

Our teaching school has been awarded DfE funding to deliver training and peer support to up to 200 secondary schools in preparation for the compulsory changes to the RSHE curriculum.

The programme will include the development of teaching materials, support contacts being created and teaching staff developing their skills, knowledge and confidence in delivering the new curriculum.

Our PSHE SLE team are fully involved and I am assuming that most schools in our alliance will want to be part of this fully funded, useful offer.

More details to follow in summer term but you may wish to visit the guidance here:

www.assets.publishing.service.gov.uk



Alliance for Learning
PSHE Hub

PE & SPORT HUB



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every child's
future



Sport England have moved the grant delivery deadlines so that we can continue to deliver on this project into Autumn now.

Message from Laura and Dani:

PE colleagues we hope you are all keeping well, safe and active during this difficult time.

However, we are sure you will all agree, Joe Wicks is doing a great job in our absence! If you haven't heard already, his daily PE lessons have become a huge hit around the country with over half a million viewers every day and he is continuing to keep the nation active, even with a recently broken hand.

Exercise is so important for physical and mental health, with NHS guidelines suggesting **5-18 year olds**, should engage in the equivalent of **at least 60 minutes** a day of moderate-to-vigorous intensity activity across the week. It's even more important now, as we spend time in self-isolation and experience cognitive and emotional changes which can have an impact on our concentration and motivation.

We have placed the Joe Wicks link alongside with a few others for you to share with your students/staff along with some simple messages to help convey why it's so important to stay physically active while we all experience these huge changes to our lifestyles.

Please do stay in touch and if you have any ideas/links that have been a hit with your students, let's keep working together and sharing resources, as we continue to keep our students physically active.

Why is it even more important to stay active now?

Many of us are experiencing uncertainty which can contribute towards feelings of anxiety.

Staying physically active can help to lower stress levels, releasing endorphins and help to maintain our sense of wellbeing (the sense of feeling good about ourselves and the ability to deal with the ups and downs of life and making the most of opportunities).

At times like these, it can be easy to fall into unhealthy patterns of behaviour which can make you feel worse. Exercise can keep us feeling energised, help with routine and improve sleep.

Exercising regularly can also improve concentration, memory and mood. As we experience an extended period of working and learning from home, it plays an important role in refocussing the mind.

Some older students who have put their usual exercise routine on hold may find this period challenging so looking at different ways to stay active and setting realistic goals can promote a positive mindset and sense of achievement.

Here is a list of fabulous dance and PE resources to support students at home:

Joe Wicks (Home workouts)

10 minute HIIT workout

Workouts for siblings/to compete against friends

Get students in groups to share their results or complete over Facetime

Fitness Bingo

Nandos Workout

Alphabet Challenge

Dance and EYFS

KS1, KS2 and KS3

Oti Mabuse kids live dance classes

KS4 and KS5

Alvin Ailey live classes
(NOTE: time difference of 4 hours)

Italia Conti

Lots of warmups and routines to learn



YOUTH
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You can follow the daily activities and resources on twitter **@youthsporttrust**, by following the **#stayhomestayactive** thread or by visiting their website or YouTube:

Play formats

Daily activities

Active Learning

PE at Home

GM Mentally Healthy Schools

The significant societal changes that we are experiencing may have a negative impact on some people's mental and physical health and well-being. As you know we have paused delivery of this programme. However mental health and wellbeing has never been so important. In terms of **42nd Street** and **Place2Be**, they have contacted schools and are working on risk management plans with children and young people.

Young People that are already receiving one-to-one support in the community

If young people are already receiving one-to-one support from 42nd Street's central service we are contacting them to discuss and offer the following options:

1. Pausing their support until we resume normal service and face to face delivery.
2. Accessing telephone support either appointments or check ins.
3. Accessing online support if their worker offers this service.
4. Risk planning and management where this is required.

All young people currently receiving a service have the contact details for their worker and they can contact them as usual. If the worker is not available they will leave messages and/or out of office messages on their phones and emails so that young people are clear who to contact and how.

Young people from education settings

42nd Street's offer within schools and colleges, whilst they are closed or reduced, will be suspended until they re-open.

However, where there are particular concerns for vulnerable young people, we will discuss and decide with the young person, family and education setting if 42nd Street can continue with remote support over the period of disruption; bespoke plans will be put in place on a case by case basis.

Online Support

Young people can access our online support by logging on at www.42ndstreet.org.uk. This service offers young people access to one-to-one support with 42nd Street's Mental Health Practitioners either in real time or for weekly appointments.



Young people in high levels of distress

42nd Street has a team of workers as part of the Integrated Community Response Service and SafeZones Team, where we work in partnership with health and social care colleagues via Early Help Hubs and Crisis Care Teams across Greater Manchester. Where young people present with high levels of distress colleagues from the Early Help Hubs and Crisis Care Teams will be able to contact these workers to arrange short term, de-escalation and stabilising support.



For really useful info about responding to the coronavirus and resources for mental health and well being: [click here](#).

The Charlie Waller Memorial Trust have great information about mental health support: [click here](#).

Place2Be

Place2be are on track with making arrangements for phone 'check-ins' with the children currently accessing one-one counselling, or with the parents/carers of younger children. These check-ins aim to provide an important opportunity to keep track of the wellbeing of the child or young person, and to signpost to additional support as necessary. We will continue to monitor and review this as more government guidance becomes available. In terms of the Senior Leadership Mental Health Champion Training delivered by Place2Be, this is moving to an online delivery model for summer term, more information to follow.



Youth Sport Trust

We are currently working with Youth Sport Trust on contingency planning to make sure we can make the most of the wonderful Youth Mental Health Champions we have trained and also starting to think about an alternative to the July conferences in case we are not back in school. More info to follow.....



Top Tip

Mental Health First Aiders

Most schools now have at least four Mental Health First Aiders.



MHFA England

Have a think how we can utilise these trained staff as a resource in this difficult time.

Lisa Fathers and Lisa Wisher will be bringing all MHFA trained staff across GM together in May/June for a series of 'MHFA keeping in touch sessions'.

Trauma Informed Schools

Over the last year Lisa Wisher has delivered a lot of CPD around being trauma informed. For FREE CPD to help teachers feel confident to identify adverse experiences that can impact on a child's development and their response to stress: www.acesonlinelearning.com If any staff wish to top this training up with some face to face CPD via Zoom one of our trainers can deliver this.

Full DfE Scholarships Confirmed for Autumn 2020 NPQ Intake

We are absolutely delighted that Full DfE scholarships for our NPQs will be made available for the Autumn 2020 NPQ intake.

The Department for Education has now confirmed the availability of NPQ scholarship funding for the next 12 months.

Full scholarships are available for all 4 of the National Professional Qualifications which provide invaluable leadership training for aspirant and serving middle and senior leaders, heads and executive leads.

We think that the eligibility criteria will remain unchanged for this academic year. Currently candidates from schools that sit within a Category 5 or Category 6 area are eligible for funding. Candidates from schools within MATs or dioceses where at least one school sits within a Category 5 or Category 6 area are also eligible.

We are advising all eligible candidates to apply now for the next intake, we will fully confirm eligibility arrangements as soon as the DfE let us know.

If you are unsure if you might be eligible then please contact us.

NPQML info.

Our National Professional Qualification for Middle Leadership (NPQML) programme is flexible and modular to enable candidates to develop the knowledge, skills and confidence required to lead high-performing teams and improve classroom practice.

NPQSL info.

The National Professional Qualification for Senior Leadership (NPQSL) provides recognition of leadership development and professional achievement for senior school leaders.

To secure your place for next year please email:
r.harrison@aggs.bfet.uk



How to talk to Children

There is a children's guide to coronavirus which aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.

This is available at the following link:
www.childrenscommissioner.gov.uk



Safeguarding and E-Safety

Last week the DfE issued some guidance on safeguarding during the COVID-19 pandemic. The main action from this is the requirement to produce an addendum to the safeguarding policy for each school covering the points highlighted in the guidance. Click here: www.gov.uk/government

There is a lot of support available to keep children safe online.

Below are some useful links to help parents and carers:

Thinkyouknow (advice from the National Crime Agency to stay safe online)

Internet matters (support for parents and carers to keep their children safe online)

Parent info (support for parents and carers to keep their children safe online)

LGfL (support for parents and carers to keep their children safe online)

Net-aware (support for parents and carers from the NSPCC)

Education Endowment Foundation News Alert

We recommend that you subscribe to the EEF News Alert. It's another great source of information – highlights from this edition include vital information on SEND children in mainstream schools during the current situation.

You can subscribe too: [click here](#).

Maths Hub

During these difficult times our Work Group Leads and Teaching for Mastery Specialists will keep in contact with their colleagues through a variety of mediums: webinars, web conferencing and providing further materials.

Also the Maths Hub will increase the information stream for 'Local Leaders in Maths Education' by having a weekly bulletin and the half termly newsletter. Please look

out for these next term, as we will be providing links and support from other sources such as the exam boards and publishers. We are pleased to announce the launch of our new website www.nw1mathshub.co.uk

As you are aware, given the current situation, we have postponed all Maths Hub events, but are working on plans for the new CPD programme for the next academic year. As soon as this information is available, it will be on posted on our new

website, so please check it regularly.

During school closures, we are contactable by email at: adminnw1mathshub@aggs.bfet.uk so please get in touch if you have any queries.



Support for Maths Learning and teaching during school closures

There is a new area of NCETM's website specifically to help whilst we are in this new way of working, the information on there will be updated throughout April so Maths colleagues will want to keep checking in: www.ncetm.org.uk/resources/54430

In the mean time we have collated this helpful list for you:

Online Primary Resources

www.whiterosemaths.com/homelearning

Lessons for pupils in Year 1 to Year 8 including videos, activity sheets and answer sheets.

www.mathematicsmastery.org

Downloadable packs including instructions, activities and key words for daily lessons.

www.bbc.co.uk/cbeebies/grownups/help-your-child-with-maths

Videos and activity ideas for pre-school children.

www.hamilton-trust.org.uk/blog/learning-home-packs

Downloadable daily packs for hourly lessons.

www.thirdspacelearning.com

Various downloadable packs with half hour daily lessons.

www.mathswithparents.com

Pupils explaining maths topics, plus games and activities.

www.nrich.maths.org

Various downloadable packs with half hour daily lessons.

www.ncetm.org.uk

Downloadable PDF of assessment packs for Year 1 to Year 6.

Online Secondary Resources

www.whiterosemaths.com/homelearning

Sequence of lessons for ages 11 to 14 years, including videos, activity sheets and answer sheets.

www.mathematicsmastery.org

Five week pack of maths lessons, consisting of 40 minute lessons.

www.nrich.maths.org

Maths problems aimed at 11 - 12 year olds.

www.mathskitchen.com

Video lessons with linked questions aimed at 14 - 16 year olds.

www.corbettmaths.com

Hundreds of short videos linked to specific GCSE maths topics.

www.wild.maths.org

Games, activities and stories for all ages up to 16.

www.topmarks.co.uk

Maths games for 11 to 14 year olds.

Maths Hub

Maths SLEs invited to register interest in a school improvement programme with their local Maths Hub

A register of Expression of Interest has opened for a tailored programme, run by the Maths Hubs Programme, to support Specialist Leaders of Education (SLEs) in maths to develop their school improvement work.

In 2020/21, four cohorts of SLEs (in the North, Midlands, South and South-West) will each collaborate in three workshops, convened and led by the National Centre for Excellence in the Teaching of Mathematics (NCETM). The programme is designed to enable SLEs from both primary and secondary schools to develop maths-specific leadership capacity and capability in the schools they support.

This is a fully funded programme with some financial support also provided to enable the release of SLEs to take part. More information and an expression of interest form can be found on the SLE Development Programme web page.

Application window is open for Secondary Mastery Specialist

Want to become an expert in teaching for mastery and work towards taking it beyond your own school? Train to become a Secondary Mastery Specialist. In this role you will receive fully funded training from experts, develop your own expertise, and then support others. Recruitment for Secondary Mastery Specialists to begin their training in 2020/21 is now open and closes on 22 April. Please read this information: www.ncetm.org.uk/resources/53452 and follow the link at the end to submit your application.

The School Community Steps Up!

A huge thanks to the amazing colleagues in D&T/ STEM Departments across the North West who have been busy making NHS PPE masks.

Teaching schools bring people together to collaborate and support each other and never has that been so important.

Beaumont Collegiate Academy and Stem Centre [@FablabWarrBCA](https://twitter.com/FablabWarrBCA) have not only been making PPE at scale but they have also developed a brilliant prototype that fits on a traditional snorkel mask to create a way to give patients oxygen if there are not enough ventilators.

Decathlon have been supporting this after Chris Hillidge the Stem Director put a call for help out on social media. Lisa our Director of Teaching School and Partnerships quickly realised what an amazing job the stem centre was doing for the NHS but realised that this could be even better with more production and capacity. Lisa used the extensive partnerships we have and mobilised the teaching school network of schools and the Greater Manchester Learning Partnership network. This resulted in a significant number of schools responding to the 'call for 3D Printers' and the teaching school began organising a logistical operation of transporting 3D printers from across schools in Greater Manchester to Warrington in a safe way whilst maintaining 'social distancing'. So many volunteers contacted Lisa to help with transportation of printers. Many schools have supported this initiative: AGGS, Bury College, Wellington, Sacred Heart RC Primary, St Peters, St Monica's, Warrington UTC, Blessed Trinity RC College and many more since this newsletter was signed off.

Everyone is working so hard in all our schools aside from this but the innovation and creativity of many colleagues in stem subjects to support the NHS in a myriad of ways is truly humbling.



Health and Wellbeing

Gratitude Practice

What is gratitude practice?

Gratitude practice involves taking the time to reflect on the positives and the things we are grateful for. The effects of gratitude, when practiced daily can produce a feeling of long-lasting happiness and contentment.

By consciously practicing gratitude every day, we can help neural pathways in our brain to strengthen and ultimately create a permanent grateful and positive nature within ourselves. Positive psychology research has found that gratitude practice has also been shown to help improve relationships, reduce stress, improve sleep and strengthen our immune systems.

Staff Health and Wellbeing

Throughout all our work delivering Mental Health First Aid plus more, one of the things that we always reflect on is our need to look after ourselves. We hope you are looking after your health and wellbeing during this time.

Here are some handy hints to maintain good wellbeing during this time:

Mindset and Thoughts

Current challenges can feel overwhelming, try to take a few moments every day to focus on the positives whether that is about family time, flowers appearing, or anything at all we can feel thankful for.

Eating and Drinking

Eating a healthy, balanced diet can decrease stress and improve wellbeing. Try and ensure some fruit, vegetables, nuts, fish and a varied diet. Comfort eating is often a coping mechanism but long term it will make you feel worse. At work you might carry a water bottle and at home you might have got out of the water habit, so check that too.

Keep Active

Research suggests that exercise helps us feel good. Getting outside helps us reset our mind and body. Make sure you are using your 'one hour a day' exercise entitlement. Walking is just as good as running. Many people have rediscovered their bikes too in recent weeks.

Sleep

Some people sleep more, some people struggle to sleep. A bedtime routine with reduced social media, some reading, less sugar and caffeine in the evening are all things that will help. There are some great bedtime meditation apps too.

Help

If you are struggling you could let your line manager know, reach out to your Mental Health First Aider in school, ask friends for help and the Chartered College have launched TeachTogether, a weekly text service sending encouragement, teacher stories, advice and links. The service is free to sign up and they hope it'll make a difference. This service is available to teachers whether or not they are Chartered College members.

Friends and Family

Staying connected is important for us. Use technology to schedule catch up face time sessions. It might not be the same as actually seeing people but it does help us remember we are not alone.

EXTRA HELP

If you are struggling and you want to talk to somebody in confidence please contact Lisa Fathers: lfathers@aggs.bfet.uk and she will put you in touch with one of our external counsellors who are offering free support sessions to alliance school staff.

Really useful Mental Health and Wellbeing links

www.actionforhappiness.org

An not-for-profit creating a movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. The website provides many resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health, personally, in our communities, workplaces and schools.

www.mind.org.uk

Advise from Mind with coping with stress and anxiety including a wellbeing checklist to follow and what you can do at home to help.

www.headspace.com/educators-covid-19

Free for teachers, this app teaches mindfulness meditation principles to improve wellbeing.

Mental Health First Aid England Stress Container Exercise

Identify causes of stress and personal helpful coping strategies and a number of stress container exercises suitable for children. [resource-download.pdf](#)

5 Ways to Work Well From Home

With many people making the sudden transition of working from home, this article provides 5 considerations to make the change as smooth as possible. www.bbc.co.uk/news/business-51868894

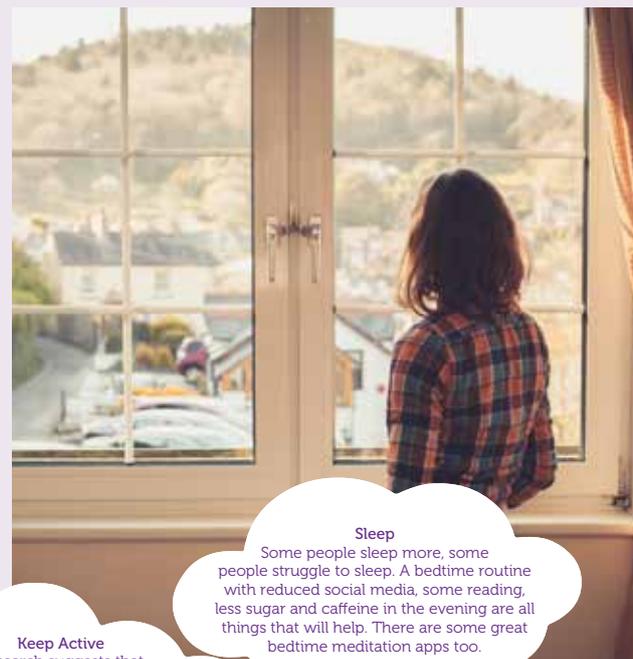
Advise from the Mental Health foundation:

The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care. www.mentalhealth.org.uk

CDC

Direct advise from the Centre for Disease Control and Prevention advise on managing stress and anxiety linked to the Covid-19 situation.

www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html



Home Learning

We have seen so many resources and links shared in the last few weeks and note that it is hard to keep track of them all.

With that in mind we have collated as many as we could into one handy page: allianceforlearning.co.uk/coronavirus-home-learning-resources

Colleagues from Teaching Schools down south have kindly been working with us to share useful resources, and they have created a page that is really useful and split into sections for remote working. TSC South West have kindly shared their efforts to support schools and parents through this difficult time.

www.remote-learning.online



DFE APPROVED Home-learning resources shared 7th April
www.gov.uk/government/publications

Free communications advice for AFL members!

Our good friends at Glove Consulting have said that Alliance for Learning members can gain some initial advice around a number of key strategic areas for free in these testing times.

The specialisms that might be of immediate use include:

- Stakeholder Engagement and Communications
- Crisis Pr and Media Management Advice and Training
- Strategic Communications and Marketing

Please do drop them a line to arrange a chat: info@gloveconsulting.co.uk. We are partnered with Glove as a Teaching School and Trust and have worked with them for many years across a whole host of strategic development projects!



Coming together by staying apart

Finally, like you all we are feeling our way through these uncharted waters too. We haven't rushed to action to put all our CPD delivery on line because we know colleagues need space and time to understand what is currently happening and to try and form a view of how long the current changes will last.

At the moment **we are coming together by staying apart** and we are playing our part in something bigger. Despite the fact we are not able to collaborate in our usual way we are a community of schools and this was exemplified so well this week when we contacted partner schools to try and source more 3D Printers to help with NHS Mask/PPE production.

The response was overwhelming and Beaumont Collegiate Academy 'Fab Lab' one of our partner schools has got 24 hour round the clock production going to support NHS colleagues.

We are at the beginning of what we think will be a long journey, as always we always welcome your suggestions and ideas about how best our teaching school team can continue to support you all.

Please keep in touch and take care.