



Reading School Safeguarding Guidance for Students

Home routine suggestions for remote learning

- Ensure regular wake up times, consistent with if you were arriving to school on time
- Ensure breakfast is eaten and drink some water
- Be dressed and ready to start your lessons at the normal time
- Ensure break times are away from screens and you get some fresh air and a healthy snack (the perfect opportunity for a quick rep of press-ups or similar!)
- Share your school work with a family member – vocalising helps cement understanding!
- Use the afternoon time to get some exercise and pursue other hobbies away from screens [Benefits of exercise - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Ensure you are staying safe online. Do not post or engage in a post if you would not want a parent or teacher to see it.
- Keep a regular bed time routine at a regular and suitable time [Sleep tips for teenagers](#)
- Practice daily gratitude with before you go to bed. At a time like this, it is needed most

Attendance monitoring

- Teachers are taking daily registers and the pastoral team are following up with absences
- Make sure you stay in the habit of accessing all your lessons daily
- If you are having connection problems, email your teacher to explain
- If you miss an assignment or deadline, be courteous and follow up with your teacher as to why

Online behaviour expectations

Everyone has the right to teach and learn without distraction and you all have a responsibility to play your part in making this possible. The school Teams account is a professional platform to be used for school purposes only, not as social media. Therefore, we request that all users are mindful of the tone they use in messaging and online classes; we expect everyone to behave with professionalism, focus and courtesy at all times. Please refer to the “*How to communicate on Teams*” document which tutors have shared and is also available in the Student Teams. In summary there are two golden rules to remember when using Teams:

- 1) Be kind
- 2) Only say what you would say in a normal classroom in front of your teacher.

Incidents of behaviour that is disrespectful or detrimental to the learning of others are being recorded on Bromcom and we will be contacting the parents or carers of any boy who abuses the functionality of this platform.



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What to do if you are worried about yourself or another student

It is inevitable that the uncertainty and amount of change will leave you unsure of exactly how you are feeling, or even slightly anxious or depressed. You are not alone, lots of people in the world are going through the same frustrations.

Talk to a parent, family member, tutor, Head of House, Mr McGall or Miss Ayres. We are here to help.

If you are concerned that you or a friend is in immediate danger, call the police.

If you have a Student Support Team, add a post with any concerns

How to spot signs of mental health or wellbeing concerns

This is not an exhaustive list but if you are feeling any of the below, or other feelings, talk to someone:

- Continuous apathy
- Voicing / indicating feelings of hopelessness and helplessness
- Being irritable and intolerant of others
- Little or no enjoyment of things that were once interesting
- Increasing social isolation
- Difficulty sleeping

Online Support Available

- [Childline | Childline](#)
- [NSPCC | The UK children's charity | NSPCC](#)
- [YoungMinds - children and young people's mental health charity](#)

