



# MAGHULL HIGH SCHOOL

## SPECIALIST ACADEMY FOR THE PERFORMING ARTS

All to: Aspire, Achieve, Enjoy

Headteacher: Ms D Aspinall BSc

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18 March 2020

Dear Student

I want to share with you what we have planned for you to be able to work at home, if our school has to temporarily close.

Whilst working from home, you are to follow your normal school timetable each day as best you can. Your teachers will upload tasks and resources to Firefly for you to access each lesson. It is good to get into a routine, starting work in the morning, taking breaks when you need to. Find a space at home to work that is quiet and will allow you to concentrate with minimal distraction. Try your best to complete the tasks set by your teachers who will be available via email during your timetabled lesson time if you need help. As well as this, staff from the Pastoral and Inclusive Support teams will also be available. Teachers will be in touch with you and your parents/guardians if you do not complete the work that is set.

You should check your email every morning and regularly throughout the day. If you have any technical issues with Firefly you can email Mr Roscoe our Network Manager for help: [roscoem@maghullhigh.com](mailto:roscoem@maghullhigh.com)

Whilst carrying on with your studies at home, it is also important to look after your physical and mental wellbeing too. Below are some things you can do:

- simple exercises that can be done regularly at home, check out NHS website for ideas
- spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies, listening to the music, watching your favourite TV programmes
- eat healthy well-balanced meals, drink enough water and get a good night's sleep
- get some fresh air – open windows, get some natural sunlight, spend time outside in the garden

For students in Year 11 and Year 13, when more information becomes available regarding your GCSE and A Level examinations we will share it with you.

Enclosed with this letter are some useful 'How to' guides for Firefly and email and teaching and support staff email contacts.

If you have any questions or queries, please ask any member of staff who will be more than happy to help you.

Yours sincerely,

Ms Aspinall  
Headteacher

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