

MEA Community News

Keeping us connected during the Academy closure

12 June 2020

Welcome to the latest edition of our parent newsletter **MEA Community News** where we keep you up to date with important information in relation to the Academy and your child's education as well as providing other articles and tips we hope you will find interesting during these strange and challenging times.

Keep safe & stay well – **Ms Bradbury & the MEA Team**

Home Learning – Microsoft Teams

A reminder that **Microsoft Teams** is now live and students should be using this online learning platform to complete their home learning.

Details about how to log in to and use MS Teams, along with FAQ's and a video tutorial can all be found on our website under the *School Closure* section. If you are still having difficulties accessing the system after following these guides please e-mail our helpdesk teamsupport@meacad.org.uk for assistance, remembering to include the full name and year group of your child.

Work for all subjects is set on MS Teams every 2 weeks, with an assignment for each subject. Students will receive feedback on the assignments they submit and can ask for help if needed.

Behaviour Contracts

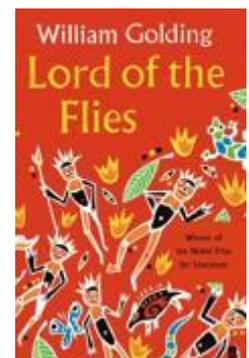
If your child is currently accessing our key worker and vulnerable children provision or is in Year 10 or Year 12 and will be attending sessions at the Academy from next week, you will have received a behaviour contract.

It is important that you sign up to this contract to confirm that you and your child will follow the additional guidelines to help ensure that everyone on site at the Academy is safe. Please make sure you **return the contract before your child attends the Academy next week.**

MEA Loves Reading

We launched the **MEA Loves Reading** page on our website last week, which we hope will allow MEA staff to share their love of reading with our students and their families.

This week's chosen novel is **Lord of the Flies** by **William Golding**, Ms Kilby is reading the first few chapters for you to listen to and you will find links on the website to download an audio or pdf copy so you can enjoy the rest of the story.



Health & Wellbeing

The Children's Society has a range of support materials for young people, parents and schools in their mental and emotional health resource 'vault' including:

- Anxiety
- Depression and mood
- Loneliness
- Obsessive compulsive disorder
- Phobias
- Self-care
- Emotional resilience
- Mental resilience

The resources can be found on their website: <https://www.childrensociety.org.uk/coronavirus-information-and-support>

Preparing your child for their first day back in school (Safe, Respectful, Ready)

As schools begin to open to children, more parents and children may be feeling anxious. Here are some ideas of how best to prepare:

Be Calm

Your child will take their lead from you and be reassured if you are steady and matter of fact.

Be Curious

These are strange times and their imagination may run away with them. Listen, try not to dismiss or minimise their fears but validate how they are feeling "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"

Be Positive

Remind them of all the ways they have learnt to keep themselves safe - washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.

Be Thankful

Help your child think of things they are looking forward to - being with their friends, seeing their teacher, doing favourite activities but be mindful some of these activities may not be available for them straight away.

Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy, or act out. Reassure them that you will miss them too and will be thinking about them throughout the day. It can be really nice to draw a little heart on their wrist and one on yours too. You can call it the hug button, when they find they are missing you, they can press

the heart and know you will be doing the same at home. Sometimes having a small object which reminds them of you can be helpful too (nothing of value or too big which may be confiscated) maybe a key ring they can put on their door key, or a positive note from you in their pocket.

Be Prepared

Support your child to be aware of changes that may have happened to their classroom environment since they were last there. School may look and feel very different. When information is shared with you about the changes to expect at school be sure to talk this through with your child, listening to them and their concerns.

As always, we are here if you feel you would like to discuss any concerns you have or if you want to talk anything over which you have read today. Please call the Academy on 0161 499 2726 between 10am-2pm and ask for the Wellbeing Lead.

MEA Xtras @ Home

Manchester dance company, **Company Chameleon**, now have their **Saturday Sessions** online. The sessions are suitable for ages 4-16 and provide an opportunity for young people to get moving and explore their creativity through dance from home.

The sessions are available for free on their YouTube channel and you can access the whole series anytime, not just on Saturday! More information and a link to the YouTube channel can be found on Company Chameleon's website www.companychameleon.com/2020/06/the-wonder-of-dance-continues/



Children's author and illustrator, Rob Biddulph, is hosting **Draw with Rob** with new videos posted on his YouTube channel every Tuesday & Thursday at 10am. Why not watch one of the videos with your child and see who can draw the best picture! You can share the results on social media with the hashtag #DrawWithRob



<https://www.youtube.com/c/robbiddulph72>

Keep in Touch



If you have a recipe idea, book recommendation or an activity you've enjoyed whilst at home, e-mail the details to admin@meacad.org.uk and we'll include some each week in the newsletter so everyone at MEA can try them out!

Community Events



Park N Party is coming to Event City from 18 June with a series of family friendly socially distant **drive-in entertainment** experiences. Events include film screenings, bingo and tribute acts. For more information and to book visit <https://oneagencymedia.co.uk/one-events>

PRIDE OUT

This Saturday, 13th June, PRIDE OUT is coming together virtually to celebrate LGBTQ+ people who cycle with a weekend of socially distanced riding.

You can join the **#OurPrideRide** celebration by:

- Wearing something rainbow on your ride (for example, rainbow laces, armband or t-shirt) or even just something brightly coloured
- Tag your ride and any photos from it using #OurPrideRide on Strava, Instagram, Twitter and Facebook

