



**St Cuthbert's  
Catholic High School**  
*Live life in all its fullness*

Berrys Lane  
Sutton, St. Helens  
WA9 3HE

**Web:** stcuthberts.com  
**Tel:** 01744 678123  
**Email:** hello@stcuthberts.com

**Headteacher:**  
Mrs Catherine Twist B. Ed  
**Fax No:** 01744 678127

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Dear Parent/Carer

During this time, it is essential that your child remains at home and has a good structure and routine for the day.

Learning must continue, and around the world parents and students are working hard at home so students do not fall behind. We understand that a textbook or a video clip cannot replace an expert teacher. However, there are practical things that parents and students can and should be doing.

- A strong daily routine is important. Use your child's school timetable as structure for activities and subject work. Avoid slipping with basic routines like bed times and ensure your child is up at normal time, or the lie-ins will grow and the day will be lost.
- Bedrooms are not ideal places for students to study. There are too many distractions and all children will need an adult to guide and supervise them, so they are motivated and supported in their work. If there is an area in the living room or kitchen, which can be turned in a temporary study area, then this can be very beneficial.
- The school website shows resources for subjects and year group. Years 7 and 8 have a new knowledge organiser for this term, which is displayed on the school's website. Students should spend one hour each day learning the key knowledge for each subject. In addition to the tasks set by each subject, students can work through the resources on the school website which include BBC bite size <https://www.bbc.co.uk/bitesize/dailylessons> which has been updated from today, 20/04/20, <https://www.thenational.academy/online-classroom> which provides daily lessons for all subjects and Challenge Activities.
- Please check your child's work to see what it looks like. If you know they have completed this to an acceptable level of effort, then it is reading. Reading is the most important activity that children can do to support their learning in all subjects. Please spend time listening to them read aloud. <https://readon.myon.co.uk/> MyOn has thousands of free books to read online.
- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> – Physical Activity and wellbeing is so important now more than ever. Try to tune in each morning at 9am with the body coach using the link and start your day with exercise.

Yours faithfully

Miss Grimes  
**Deputy Headteacher**

