

Dear Parent/Carer

Contingency Plans for S1 – S3 pupils

I want to reassure you that we at MHS are in a very good position to support your child(ren) in this distressing period. For the period that pupils are not in school, may I direct you to the school website and any Glow Teams that have been set up by staff. A presentation on how to use Glow can be found on the school website.

My advice is that pupils should on a daily basis for routine purposes:-

- Keep normal school hours
- Follow their regular school timetable of subjects, taking ten minute breaks between periods if necessary. Each period would then last 40 minutes. Examples of typical timetables can be found on the school website.
- Use Glow Teams to access work issued by teachers. If pupils have forgotten user names or passwords please contact your child's guidance teacher and we will reissue these.
- Use additional subject study material on BBC Bitesize at the following website: <https://www.bbc.co.uk/bitesize> . 3rd Level material is appropriate for S1 pupils. S2 and S3 pupils should be directed to 3rd and then 4th Level materials.
- S3 pupils should also consolidate coursework for subjects that they plan to study in S4 by using the Learning Scientists study materials available on our website e.g. – learn biology topics using Dual Coding.
- Follow the daily Mental Health Twitter page which is currently being developed by Claire Morrison
- Follow Mr Paterson's Instagram to aid mental health and physical wellbeing- add

If you have any queries, please contact your child's guidance teacher.