



SEDBERGH SCHOOL

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Pastoral and Co-curricular Continuation Policy

This is to be read in conjunction with the Education Continuation Policy. It details the support systems, pastoral care and co-curricular activities which will be implemented for all pupils should the school need to move to an off-campus learning environment.

1. Introduction

Moving to remote learning should not mean that our pupils and staff feel disconnected or unable to benefit from a full Sedbergh education. At times like this it is more important than ever to endeavour to make our pupils feel part of a community, have strong pastoral support and continue to be encouraged to pursue interests and passions outside of the classroom.

2. Contact

All staff and pupils will be required to check their email at 07:45 each day from Monday to Friday for a daily briefing notice. This will be an opportunity for us to come together as community for a shared sense of purpose and for a daily introduction to all things co-curricular. Please consult the Education Continuation Policy for contact details of the necessary members of staff.

3. Pastoral Care

At Sedbergh, our pupils are fortunate enough to receive an extraordinarily high level of pastoral care and adult interaction. Moving to an online platform will not change this, but it will alter the way it is delivered. All pupils will be able to contact any member of staff they wish to talk to via Microsoft Teams and will be encouraged to do so if they have problems or just want to talk.

In addition, tutors will be in contact with their tutees every day to check on progress, to try to troubleshoot issues and to provide a familiar and reassuring contact. In addition, tutors will engage in a weekly video call to discuss things in more detail. PSHE will still be taught formally by tutors in the usual classroom setting.

Housemasters/Housemistresses will also be in contact frequently and will make at least weekly direct communication with individuals; Assistant Housemasters/Housemistresses will likewise do the same. Although we have formalised the regularity of our communication, this does not mean this is the only time pupils will receive contact and it must be noted that these communication channels are always open.

4. Wellbeing

The wellbeing of our pupils is of paramount importance and we are more than alert to the risks associated with social isolation and too much screen time. Our Wellbeing coordinator and school counsellor will continue to have her scheduled appointments with pupils and is available for 'drop in' sessions as requested by pupils or their teachers. The School Chaplaincy Team is available for those pupils who wish to seek his guidance and support and he can be contacted via Microsoft Teams.

Whilst in school, our pupils complete a monthly wellbeing survey supplied by 'GoVox', a wellbeing and mental health self-checker. Given the change to our environment, this will now be a weekly survey which we will ask our pupils to complete. They are very familiar with the concept and the results this has given us so far to detect issues early have been invaluable. We encourage all our pupils to take their time with this and complete it thoughtfully and sensibly – a chance for them to pause and reflect on their emotions during these unsettling times will be key.

5. Co-Curricular

Sedberghians are busy. Their commitment to sports, the arts and a whole host of co-curricular and super-curricular activities are remarkable and when working remotely, we will continue to deliver out-of-classroom opportunities for our pupils.

Being part of a community is important to Sedbergh life and our collective activities make our community what it is. Every day our pupils will be able to watch a short assembly delivered by a senior member of staff; shared experiences and shared learning extends beyond the classroom. Where possible, academic societies will continue to flourish and pupils will be encouraged to prepare presentations for their peers to challenge their learning beyond the syllabus.

Whilst in various states of social distancing and isolation, our pupils will have variable access to physical activities but we will be encouraging our pupils to remain physically active where possible and appropriate. The daily briefing will include a daily physical challenge with options to make this competitive or personally challenging where possible.

The Arts, Drama and Music will continue to be encouraged and whilst we encourage pupils to continue with their own passions, there will be daily engagement to encourage a sense of community when undertaking these subjects and pastimes.

6. The Daily briefing

The daily briefing email (which will be made available to parents) will include:

- Instructions for accessing the daily assembly
- A daily House competition (online chess, house quizzes, photo challenges, Strava run posts)
- A daily physical challenge
- A daily cultural challenge
- A daily literacy challenge
- Social suggestions to ensure our community remains as vibrant as ever

A copy of this letter and the subsequent pupil guide summarising the content of the Educational Continuation Policy and Pastoral/Co-curricular continuation Policy will be made available on the school website.

In these times of uncertainty, Sedbergh will not lose its ethos, values or traditions; it will simply adapt to its changing circumstances. We will continue to support our pupils to achieve the very best of the Sedberghian education and look forward to welcoming them back on campus as soon as possible.