

# Barnet Virtual School Carer Newsletter Autumn 2024

Welcome to the Autumn 2024 edition of the Barnet Virtual School Carer Newsletter. We hope you had a good break and the return to school has gone smoothly. Please do contact your young person's caseworker if you have any questions or queries—contact details are further on. Please also ensure you ask your child's D.T. in school if you want a copy of the PEP. Sarah Deale Headteacher

## FOSTER CARER TRAINING THIS TERM

Barnet Virtual School are offering a range of virtual workshops over the Autumn Term. These are an opportunity to learn more about a particular topic, meet other foster carers and ask questions.

### Supporting Transition into Post 16

**3rd October 11.00—12.00**

This workshop is for carers with young people in Years 10 and 11. You will be contacted directly about it so you do not need to email the Virtual School.

The training will focus upon a breakdown of the importance of transitions, different post-16 options available as continuing education at school or college, vocational courses, apprenticeships, supported internships and other opportunities and an overview of the transition timeline.

Run by Frazier Stroud and Ornella Rochfort, Virtual School Team

### Emotions/Communication support for the Vulnerable child

**10th October 10.00- 11.00am**

This workshop will help you gain an understanding of the range of pathways and options available to young people at Post 16 such as continuing education at school or college, vocational courses, apprenticeships, supported internships and other opportunities that can support next steps. We will also explore your role in supporting transitions at post 16

Run by our speech and language therapists

### Supporting Enrichment Activities

**15th October 2024 10.00- 11.30a.m.**

This workshop will consider the role of enrichment activities in providing children and young people with the opportunity to explore new interests and develop new skills. We'll also explore the value of enrichment activities in offering new and exciting experiences that can support children and young people's individual growth and development..

Run by Sam Rothwell, Inclusion Advisory Team

### Supporting wellbeing during GCSEs

**Wednesday 27<sup>th</sup> November 2024 10.00- 11.30am**

This workshop will help you gain an understanding of how to support young people's wellbeing during GCSE studies and during GCSE examinations. We will also explore practical strategies and resources as well as share top tips that can support young people during this time.

Run by Sam Rothwell, Inclusion Advisory Team

*If you would like to do any of these, please email: [barnet.virtualschool@barnet.gov.uk](mailto:barnet.virtualschool@barnet.gov.uk) stating which course you would like to do and we will set up access for you.*

*You will be given a certificate of attendance for each workshop that you attend.*



## Attendance

### Return to school

We know that for some of our young people, the return to the school will be a positive experience as our young people reconnect with friends and the consistent routines that school brings. However, some of our young people may find this transition extremely unsettling and challenging.

If you are at all concerned about your young person's attendance at school, please contact your Virtual School caseworker and the school **as soon as possible** so that we can set an early PEP and get the appropriate support in place as soon as possible.

**Attendance is one of the most significant factors that can make a difference to outcomes and it is everyone's responsibility.**

**Whilst 90% may seem like a high mark in an exam, when it comes to attendance, 90% is in fact a very worrying picture and equates to 4 weeks of absence with over 100 school lessons missed.**

## Contacts in the Virtual School

**Head Teacher:** Sarah.deale@barnet.gov.uk

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**Caseworker:** Allan.newby@barnet.gov.uk

**Caseworker :** Hannah.hudson@barnet.gov.uk

**Senior Caseworker:** Frazier.stroud@barnet.gov.uk

**Caseworker—Post 16:** Aiysha.lqbal@barnet.gov.uk

## Extra training for parents/carers



This term we will be delivering another training session for parents/carers. These will be facilitated by AC Education

**Anxiety and Sadness—Monday 4th November 9.30—12.00 Online**

We will circulate details nearer the time!

## Transition into Year 12

Firstly congratulations not only to the young people for their hard work and getting through their GCSEs but for all of you who have supported the young people through this exam period and beyond!

Now begins the big transition from year 11 to year 12 and the various different choices and options available to young people at this time. It can be quite overwhelming in terms of next steps to take for young people whether it be A-Levels, Vocational Courses, Apprenticeships and many other options but hopefully at this point a next step has been identified and the young person will be enrolling soon!



**It is important to note that the post-16 environment can be very different to secondary school and there is a lot for a young person to adapt to. Some examples of the likely changes are:**

- Greater freedom of decision making and choice. This can be liberating but also overwhelming!
- More responsibility – There is an expectation for young people to manage their actions and decision making with less guidance
- Looser structure – Generally speaking courses won't be all day 5 days a week. Young people will have to manage their time and be responsible for attendance.
- Lessening input from professionals both in and out of education – There is less intensive support in college and while there is pastoral and educational support, the emphasis will be on young people to engage with it. Also transitioning to turning 18 is on the horizon which also means changes in the social care professional network

**For these reasons it is essential that they are supported through this transition effectively. There are many different things carers can do to help the transition into post-16 education and here are some practical top tips that might help!**

- Make sure young person knows the journey to and from college
- Make sure the young person has timetable and it is shared with yourselves so you can support to remind and encourage attendance
- Ensure the young person has all the resources they need e.g. pens, paper, course material etc.
- Regularly check in with how college is going especially during the first couple of weeks.
- Check if the young person has signed up to the college bursary (if the college provide one) and that they know who their pastoral support is at college

All these things can help create a sense of stability and support that hopefully will result in a successful transition into an exciting new stage for the young person!

**Here are some useful resources that can also support:**

Detailed checklist of the year 11->12 transition created by Sefton Council—[ceiag-timeline.docx \(live.com\)](#)

Academic checklist for A-Level students—[GCSE to Year 12 transition checklist | Resources | Net Sixth Form](#)

Booklet created by Lincolnshire which has activities designed to support young people moving from secondary to further education. Identifying coping strategies and building self-esteem and resilience are keys focuses. [BOSS-Transition-Key-Adult-Guide-Post-16.pdf \(family-action.org.uk\)](#)

Transition timeline that spans from Autumn year 11 to Autumn year 12 identifying key actions to take throughout the year. [Transitions | Barnet Virtual School | London Borough of Barnet \(barnetvs.org\)](#)