



**VIRTUAL
SCHOOL**
Tower Hamlets



THVS Newsletter

Autumn 2 2020

Welcome!

Much has happened this year and while we don't know what may happen in the coming months, we do know we have to plan for the long-term future. Having a plan means you can work towards a life goal. Of course, plans and circumstances can change; who could have predicted CV19? this is natural. It's important to know you are not stuck with a plan, it can be flexible, but it is vital to have a direction in mind.

Find something you really enjoy. What activities, hobbies, subjects do you enjoy doing? What sort of things are you interested in? Is there a job you would like to do which uses these talents?

Keeping these in mind can help when choosing subjects and courses to study. The Virtual School is always here to help you. Education is constantly changing and there are varied routes to your goals with BTecs, apprenticeships and new T-levels emerging as useful routes to good careers as well as university.

The Virtual School can work with your schools to make sure you have extra tuition and access to laptops. Please use our website to let us know what other support would be helpful to you.

Helen Murphy
Deputy Head of the Virtual School

In this edition:

Post 16 help and guidance

Effective working online.

Do you have your laptop for learning?

Do you have a story for our newsletter?

Contact us vsinfo@towerhamlets.gov.uk



Carer Support: [Black History Month](#) and [Black Lives Matter resources](#)
Carer and Teacher [Training 2020-2021](#)

Health and Wellbeing [Support for Children and Young People](#)

Have you visited our website? <http://virtualschool.towerhamlets.gov.uk>



Supporting Your Success

The **Virtual School** is here to help you on your learning journey at home, school and higher education. We will provide advice, quality online and physical resources to make access to achieving your goals as simple as possible.

Working online and at Home

The previous lockdown was difficult, especially if you found it hard to get access to a laptop. Social workers can apply for a laptop for every child in the Virtual School. This will make studying at home easier, if your pod, group or whole year are ever sent home, due to an outbreak. Please contact the Virtual School, or your social worker if you don't have one.

You will find access to extra resources on the Virtual School website. You will also be able to access our new Life Skills and Learning app called [THVS Learn](#). You will find everything from how to manage money, coping with bullying and stress, to English Literature and Maths resources. You will need a username and password for the new learning app. Please contact Shah Bashar at the Virtual Shahirul.Bashar@towerhamlets.gov.uk 020 7364 3692

Don't forget that there are many exciting ways to learn at home without going online. See some of our ideas for [primary](#) and [secondary](#) students.

Post 16 Help and Guidance

Facing the challenge of making decisions beyond your options can be difficult. There is always help and advice available, if you're unsure about what to do next. The university of East London are running a series of webinars to help you to make confident choices and answer your questions.

HE Mythbusters
Thurs 26th November,
11.00am

45 mins

<https://www.eventbrite.co.uk/e/he-mythbusters-tickets-124695320059>

HE Mythbusters
Thurs 26th November,
4.00pm

45 mins

<https://www.eventbrite.co.uk/e/he-mythbusters-tickets-124703211663>

During this online interactive webinar they will help you to explore some of the "myths" that surround higher education and show you whether they are true or false. You will soon become familiarised with some of the language used and the different ways of learning at university.

Your Health, Your Wellbeing

It's always good to get active and to find new ways to join in with social activities at this time. The Virtual School will always plan [holiday activities](#) throughout the year. Visit the [website](#) for updates.

Your physical and mental wellbeing is very important. If you are between and 11-25 year old and live in Tower Hamlets, you can access online GP and Health and Wellbeing services from Spotlight Health Hotspot. Watch the [video](#) at the bottom of the page.

You can also get help to access wellbeing services [here](#). Remember, your social worker, teacher and the Virtual School are also available to help you.

"Thank you for everything! Honestly, I wouldn't be at university if you didn't encourage me to go to Attlee A Level Academy!" Post 16 student.

