



**ROCK**  
STEADY™

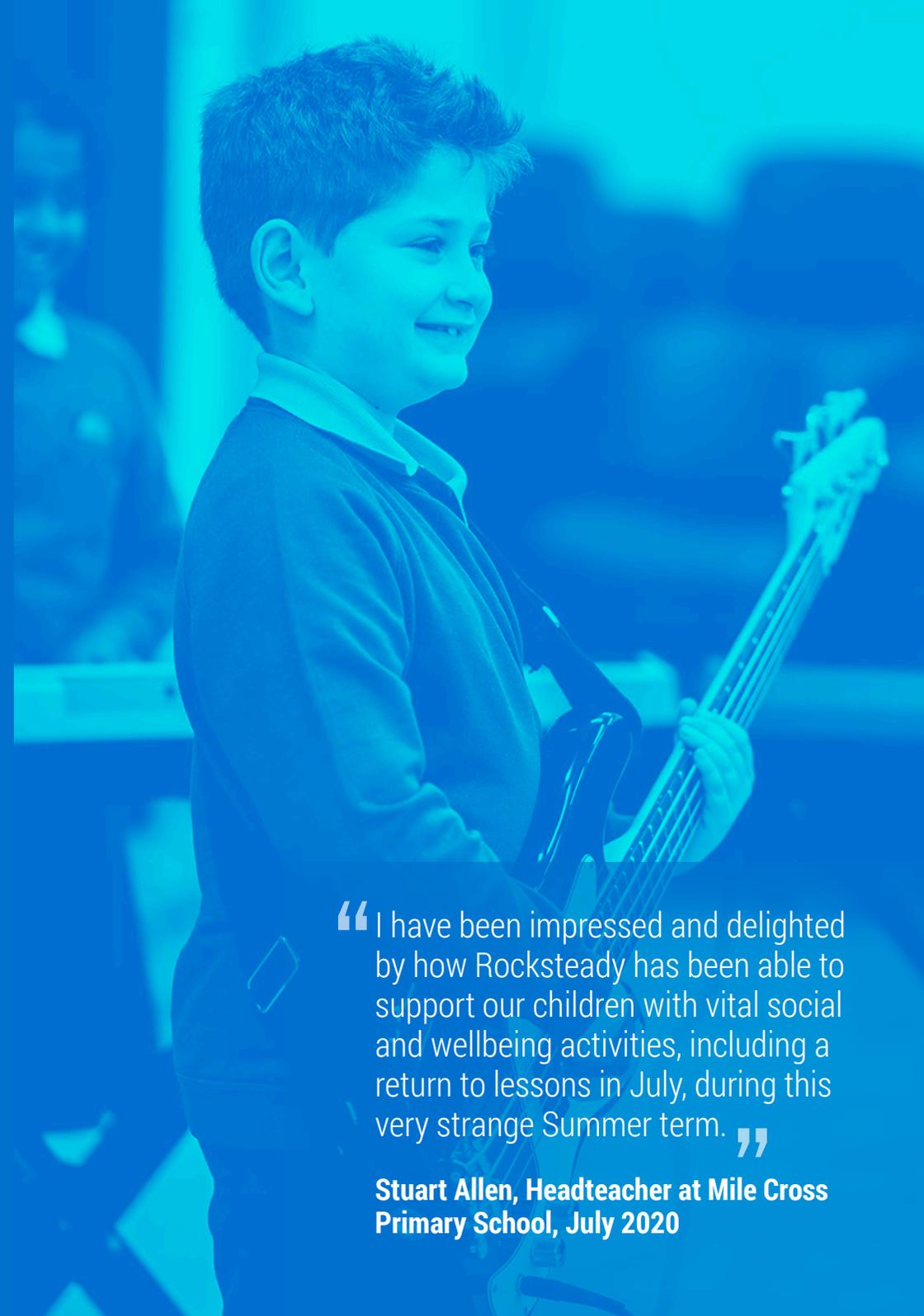
# BACK TO SCHOOL GUIDE

This guide sets out how Rocksteady have adjusted to **government guidance** and includes our updated health and safety policy. We've been back in schools since July, safely delivering lessons with the important wellbeing benefits they bring, but every school is different, and we are on hand throughout the summer and can adapt to fit your school and pupils and support their transition back into your school.

[schools@rocksteadymusicschool.com](mailto:schools@rocksteadymusicschool.com)

0330 113 0401

July 2020



“ I have been impressed and delighted by how Rocksteady has been able to support our children with vital social and wellbeing activities, including a return to lessons in July, during this very strange Summer term. ”

**Stuart Allen, Headteacher at Mile Cross Primary School, July 2020**

# KEEPING EVERYONE SAFE

## GOVERNMENT GUIDANCE \*

## ROCKSTEADY LESSONS

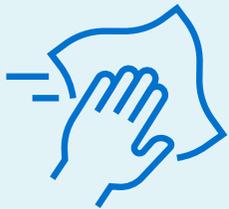


### SCHOOL BUBBLES

- Schools may keep children in their class groups for the majority of the classroom time, but also allow mixing into wider groups for specialist teaching
- If it is not possible to maintain bubbles being used during the school day then schools should use small, consistent groups

- ✓ Rocksteady bands will be made up of pupils within a year group or Key Stage bubble, in collaboration with the school
- ✓ There will be flexibility to keep the same children in bands for a period of time based on the schools policy

### TEACHING SPACE & CLEANING



- Maintain distancing from pupils and other staff as much as possible
- Ideally, adults should maintain 2 metre distance from each other, and from children
- Resources that are shared between classes or bubbles, should be cleaned frequently and meticulously and always between bubbles

- ✓ Rocksteady staff will follow social distancing guidelines with staff and pupils. In some cases, this may be difficult because of the school environment or in an emergency situation. Time spent within 2 metres will be at a minimum
- ✓ All Rocksteady staff will wash hands on arrival and on leaving the school, plus at additional times; if hand washing is unavailable, using their prescribed hand sanitiser
- ✓ Pupils will be asked to wash their hands before their band lesson and every instrument will be cleaned with alcohol wipes between lessons and as required during the day



### SINGING

- Schools should consider how to reduce the risk, limiting group sizes to no more than 15, positioning pupils back-to-back or side-to-side.

- ✓ A Rocksteady band has a maximum of 9 children across all instruments with a maximum of 2 of singers
- ✓ If there is more than one singer in a band, vocalists will be positioned facing away from each other and the others – at opposite ends of the band. They will all have a microphone, so they can sing quietly and still be heard



## BROAD CURRICULUM

- In Key Stages 1 and 2, the curriculum should remain broad so pupils are taught a full range of subjects including the arts
- Schools should consider pastoral and extra-curricular activities to all pupils designed to: support the rebuilding of friendships and social engagement and improving physical and mental wellbeing
- ✓ Rocksteady helps children grow in confidence, build friendships, enhance resilience, focus behavioural skills and promotes wellbeing

## HYGIENE – WE’VE GOT IT COVERED



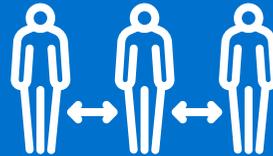
Pupil & staff hygiene

+



Instrument hygiene

+



Social distance teaching

+



Working with your school

=



Musical fun & learning

Find our Hygiene and Social Distancing policy here: [rocksteadymusicschool.com/hygiene-social-distancing/](https://rocksteadymusicschool.com/hygiene-social-distancing/)

Have a question? We’re here all summer to chat, call **0330 113 0401**

## PUPIL PREMIUM – MORE IMPORTANT THAN EVER BEFORE

School closures are likely to have had a major impact on vulnerable, SEND, disadvantaged pupils and young carers. We can help support your pupil premium strategy so children enjoy all the wellbeing benefits of music, boosting resilience, emotional literacy, motivation and academic performance.

**Don’t forget your school can also use your free bursary place to support a pupil of your choice.**

Get in touch to find out more: **0330 113 0401** [pupilpremium@rocksteadymusicschool.com](mailto:pupilpremium@rocksteadymusicschool.com)

# BOUNCE BACK WITH ROCKSTEADY!

- Music plays a key role in helping your pupils bounce back after a long absence from school.
- Many children will have experienced a range of emotions recently: anxiety, stress, reduced social confidence and low mood.
- You also have access to additional workshops, assemblies, and livestreams to help support all of your pupils. Email [schools@rocksteadymusicschool.com](mailto:schools@rocksteadymusicschool.com) to find out more.

## RETURNING TO ROCKSTEADY LESSONS WILL HELP YOUR PUPILS:

### BOOST WELLBEING

Playing an instrument is medically proven to reduce anxiety and promote emotional wellbeing, which will have a big impact on a child's overall performance and enjoyment of school, as they settle back into a regular routine.

### REBUILD FRIENDSHIPS

Friends play an important role in children's emotional development. Inclusive band lessons encourage collaboration and friendship supporting children to work towards a common goal as a team. It is also a chance to have fun and re-connect with friends or make new friends outside of the classroom.

### INCREASE SOCIAL ENGAGEMENT

After being apart music can play an important role in allowing children to safely socialise together. Playing in a band allows children to boost social skills and develops empathy and resilience.

### EXPRESS EMOTIONS

Lessons can help children express difficult emotions. A creative outlet and a safe place to explore their feelings, with the support of a trained Band Leader. Being part of a band can also help children develop their own identity, which is important to build self-esteem.

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### FINE TUNE ACADEMIC SKILLS

Playing an instrument is scientifically proven to stimulate both sides of the brain at the same time. Research shows this brain work-out significantly increases memory, literacy and numeracy.



Schools are doing an amazing job to support pupils during difficult circumstances. Get in touch with our school champions to find out more about the links between music, wellbeing and progression and how we can help you:

**0330 113 0401** [schools@rocksteadymusicschool.com](mailto:schools@rocksteadymusicschool.com)

# HYGIENE AND SOCIAL DISTANCING POLICY SUMMARY

The following information is an overview of the measures in place when teaching children music in their school environment. **A copy of the full Rocksteady Music School Social Distance and Hygiene Policy (2020) is available [here](#).** It'll be reviewed and updated regularly based on the most recent guidelines from the Government.

- **Social Distancing in Schools:** Each school will have their own policies, so Rocksteady will work within their frameworks, social and physical environment and requests to the best of our abilities. Staff will avoid physical contact with any school staff. Current social distancing guidelines for adults and children will be maintained, unless it's impractical to do so or in an emergency. In these events, Rocksteady staff will ensure that time spent within two metres are kept to the minimum, in accordance with the Government's advice.
- **Social Distance Teaching:** Children will be reminded of the social distancing and hygiene rules at the beginning of each lesson. Where possible and in agreement with the school, we'll set up Rocksteady's instruments and equipment

so that children and adults are two metres apart in the teaching space. And we'll avoid physical contact with children unless it is impractical to do so or in emergency circumstances. Exceptions to the full policy will be made on a case by case basis, for any pupils who require individual needs and this will be agreed between the school and Rocksteady in writing.

- **Staff Hygiene:** All Rocksteady staff will follow government guidelines, including: washing hands on arrival and on leaving the school, plus at additional times throughout the day; if hand washing is unavailable, using their prescribed hand sanitiser; and face masks are available to all Band Leaders if required. Should any member of staff experience symptoms, they will follow the company and government guidelines.
- **Pupil Hygiene:** All children will wash their hands in accordance with government guidelines before a lesson.
- **Instrument Hygiene:** Alcohol wipes will be used to thoroughly clean each instrument at the end of every teaching session and at additional times in the day if needed. If parents and children would like to use their own equipment (for example, plectrums, drum sticks and guitars), and the school is happy to agree, our staff will wipe down the equipment before and after use.



Rocksteady is committed to creating a 'culture of safety' in which the health and safety of children, school teams and our staff is the priority. The current personal hygiene and social distancing measures are important to everyone and combine with Rocksteady's role in supporting schools to restore positive wellbeing for children.

“ The whole school were incredibly pleased with the Rocksteady visits in July. The lessons were conducted in an extremely safe way without losing any of the fun. All of the children and staff were able to forget the worries of the past few months and immerse themselves in the music! Thank you to all at Rocksteady for their commitment to us and our children. ”

**Stuart Allen, Headteacher at Mile Cross Primary School,  
July 2020**

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