

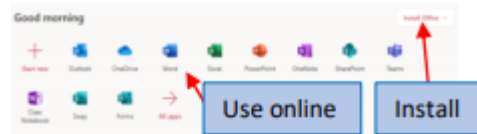
# I want my device to read documents to me out loud.



Sometimes hearing what you have to do or listening to your work read back to you is really helpful. Here are some ways to make your devices read text to you.

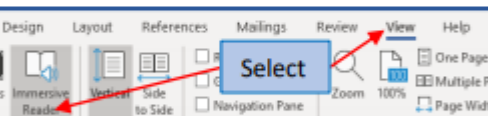
## I have access to a computer with internet.

Go to office.com and sign in using your school username and password.

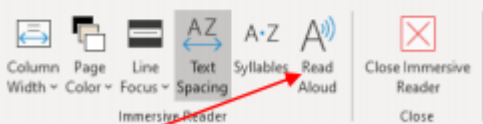


When you see this screen you can either install the apps or use through the internet.

If you click this button the start speaking your speech will turn into text on the screen. You may need to give it a few seconds to catch up with you



In the [view] menu, click on [immersive reader]



[Read Aloud] will read the text for you. You can edit the other options to make the text easier to read.

## I have access to an iPhone or iPad and I want to use built in settings.

You can change the settings on your device to allow you to select text and read it aloud. In [Settings] select [General] then [Accessibility] the turn on the [Speak Selection] toggle.



Now just select text and click [speak] and Siri will read to you.



## I have access to an Android tablet or Smartphone and I want to use built in settings.

Open your device's Settings app .



Depending on your device select [Accessibility] or [Language input], then [Text-to-speech output].

You can adjust options and choose whether you want Google or your device to do the reading.

Now you can select text and in the extra options select read aloud.



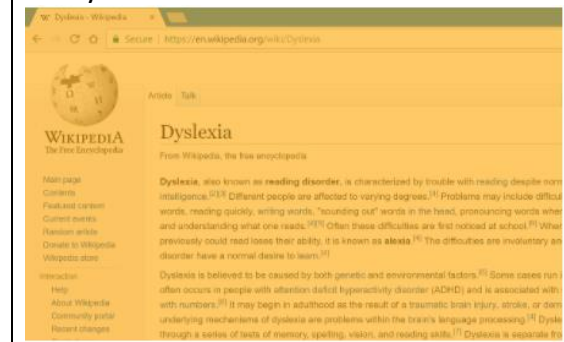
Bitesize provides support for learners aged 5 to 16+ across a wide range of school subjects. It also supports children and young people's wellbeing and career choices. From April 20th Bitesize will be publishing daily lessons to help students across the UK with home schooling.

## I want to change the colour of my screen so I can read it better.

If you require a coloured overlay for remote learning and a screen, you can run or install the following for free.

The link below will change the colour of your whole screen.

[ColorVeil - Screen color filter and dimmer | Aurelitech](https://www.aurelitech.com/colorveil/windows/)  
Alternatively, type [www.aurelitech.com/colorveil/windows/](https://www.aurelitech.com/colorveil/windows/) into your toolbar.

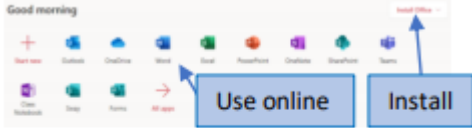
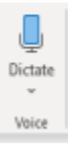





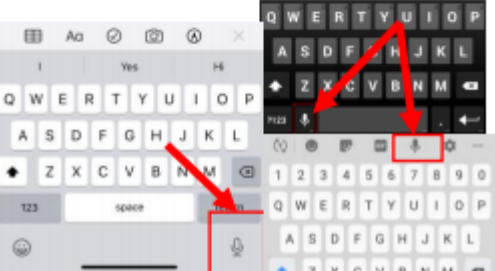





ColorVeil adds a customizable colour filter over your Desktop, Internet browser, video player, document, email, or program. You can work, play, read, write, or browse as usual.

# I want my device to type what I say.



If you aren't fast at typing or you need to read and type at the same time it can help to just say what you want and let your device type it for you. This can help if it takes you a long time to write things down or you find it easier to say what you mean. Give it a try and see if it helps.

I have access to a computer with internet.	I have access to a smartphone or tablet but I don't have access to the internet.	I have access to a tablet with the internet.	I have access to a smartphone and internet.
<p>Go to <a href="https://office.com">office.com</a> and sign in using your school username and password.</p>  <p>When you see this screen you can either install the apps or use through the internet.</p>  <p>If you click this button then start speaking your speech will turn into text on the screen. You may need to give it a few seconds to catch up with you.</p>	<p>Select somewhere you want to type and select the dictation button. When you talk the words should appear in the screen.</p> <p><b>iPad/iPhone Dictation</b></p>  <p><b>Android Dictation</b></p>  	<p>Download the Word App and sign in with your school email address.</p>  <p>Near your keyboard is this </p> <p>Open your document in the Microsoft Word App and click where you want to type then select this button and speak.</p> <p>Select somewhere you want to type and select the dictation button. When you talk the words should appear in the screen.</p> <p><b>iPad/iPhone</b> <b>Android</b></p> 	<p>Download the Word App and sign in with your school email address.</p>  <p>Near your keyboard is this </p> <p>Open your document in the Microsoft Word App and click where you want to type then select this button and speak.</p> <p>Select somewhere you want to type and select the dictation button. When you talk the words should appear in the screen.</p> <p><b>iPad/iPhone</b> <b>Android</b></p> 

LEXIA

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LITERACY



You can still access the Lexia interventions at home using your school log in details.

There will be a live Lexia check-in every Tuesday with Miss Ormrod and Miss Lloyd to support you with any questions. Miss Ormrod and Miss Lloyd will also be available each day via the Microsoft Teams chat facility, if you need any additional support.

You aim to do at least 40 minutes per week. This can be completed any day and should be done around your subject work. Your progress will be constantly monitored.

**The Lexia League Table will continue and prizes are still available!**

Coming soon.... A digital library at every student's fingertips



# DIGITAL LIBRARY



Students will be given access to myON, a digital library where they will be able to select from an array of reading materials and complete online quizzes about the books they have read.

After half term, a myON reading challenge will be launched for students which will encourage reading for pleasure.

12,378

books being read right now

17,721,389

books read in the last 30 days

2,140,234

hours of reading in the last 30 days

RENAISSANCE  
**myON**® Reader



# I would like to talk to someone about my mental health.



## Kooth mental health support for young people

Kooth is a free and safe online mental health and wellbeing support service for young people. Kooth provide support to anyone aged 11-16, from online counselling to self help tools, to a community of young people offering peer support to each other.

With current COVID-19 restrictions in place, young people are spending more of their time at home with their families. Kooth would like to extend their offer of sessions for parents and carers, so they can hear how and why Kooth can be an appropriate support for their children.

There are three sessions available, two for parents and carers, one for young people. Each session will involve:

- Quick overview of what wellbeing is and how to notice changes in young people's wellbeing
- Practical advice on non-judgemental listening and self-care (for parents and carers)
- Kooth's Five Ways to Wellbeing
- How Kooth can support young people's wellbeing and mental health
- A Q&A to ask us anything you want to know about Kooth.

You can register a place on these sessions via Eventbrite:

- [Parents and carers - Book a session on 10th February at 1pm - 2pm \(external link\)](#)
- [Young people - Book a session on 22nd February at 6.30pm - 7.30pm \(external link\).](#)

Alternatively, you can also email [omurphy@kooth.com](mailto:omurphy@kooth.com) to book a place.

## Support available in school:

- **HOY and Pastoral Manager** – contact your pastoral team if you are struggling with anything during lockdown. They are here to support you and they can refer you to other support in school.



- **Wigan Family Welfare** – our school counsellor is still available remotely during lockdown. Simply ask your pastoral team if you would like to be referred.
- **Peter Owen PSTEC** - The project is therapy based and can be used with people experiencing a wide range of concerns or issues, i.e. anxiety, stress (including exam stress), anger issues, self-esteem, low confidence, phobias, friendship issues, bereavement, dealing with separation and divorce. The technique used is called Percussion Suggestion Technique (PSTEC) and is delivered by Peter Owen who is a PSTEC Master Practitioner. For an extensive breakdown of Peter's background and what he offers log onto [www.themindhealer.co.uk](http://www.themindhealer.co.uk)
- **Chaplaincy Service** – John is available each day to offer support and someone to listen. He has had a fantastic response from both pupils and staff this year. Chaplaincy does not have to be from a faith perspective.

Please contact your Head of Year or Pastoral Manager if you would like to access any of these services.

# Get involved in the PE Bingo Challenge!



## BINGO CHALLENGE

Complete the PE Departments BINGO challenges. Try and complete a line or even better get a full house! Get **off** your phones and PlayStations and lets get **fit** and **active** this lockdown and improve our mental wellbeing.

<p><b>Wall Sit Challenge</b> Time how long you can hold a wall sit for?</p> 	<p><b>Bucket Challenge</b> How many attempts does it take you to get a ball into a bucket. The bucket should be approximately 15 ft away. Can be a football/golf ball/rugby ball</p> 	<p><b>Kick Up Challenge</b> 30 seconds! As many kick ups as possible; use a toilet roll, football, rugby ball etc.</p> 	<p><b>Around the World Challenge</b> How many times can you pass the ball around your waist in 60 seconds?</p> 
<p><b>Clapping Challenge</b> How many claps can you do whilst the ball is in the air? You must catch the ball for it to count.</p> 	<p><b>Smoothie Challenge</b> Create a healthy smoothie using fruit or vegetables or even both! Send in your recipes .</p> 	<p><b>Meditation Challenge</b> Complete a meditation and just relax and focus on you. <a href="https://youtu.be/O-6F5wQXSu8">https://youtu.be/O-6F5wQXSu8</a></p> 	<p><b>Burpee Challenge</b> How many burpees can you complete in 2 minutes?</p> 
<p><b>Step Up Challenge</b> How many times can you step up and down a step in 60 seconds?</p> 	<p><b>Plank Challenge</b> Time how long you can hold a plank for?</p> 	<p><b>Speed Bounce Challenge</b> 1 minute! How many times can you jump over a pillow as fast as you can.</p> 	<p><b>Step Challenge</b> Get 10,000 steps in a day. You can use your smart watch or phone to count your steps.</p> 
<p><b>3K Challenge</b> Run, walk or cycle a 3K. Time yourself to see how quick you can do it in. Try and beat your time next time you do it.</p> 	<p><b>Bring Sally Up Challenge</b> Play the song "Bring Sally up". Every time the song says up you stand, every time it says down you squat and hold. Can you last the whole song!</p> 	<p><b>Weekly Planner Challenge</b> Create a weekly activity planner to help you stay active everyday.</p> 	<p><b>Joe Wicks Challenge</b> Complete a Joe Wicks HIIT workout on YouTube to get your heart rate raised.</p> 

Send your completed challenges to the PE Team at their new Twitter account - **@TeamHindleyPE**  
Don't forget to try and complete a full house and complete all the challenges on the BINGO square.

