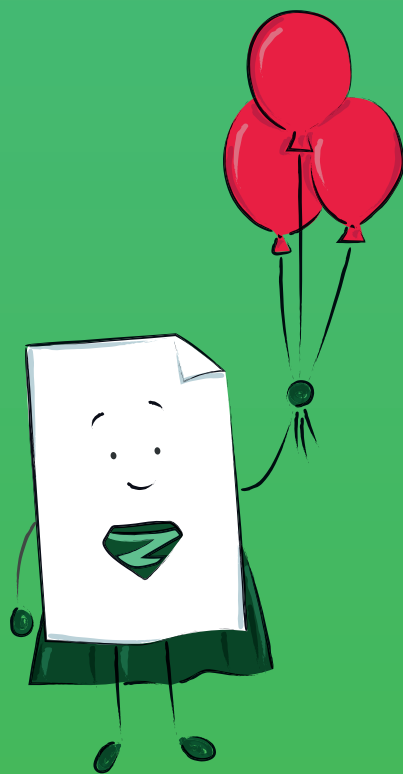


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Dean is school's own 'Mr Motivator'

A PE teacher is rivalling famous YouTube personal trainers by running fitness classes online. New Rickstones Academy's Dean Gilder is uploading three sessions a week for students in a bid to keep them active during the coronavirus lockdown.

Mr Gilder uses everyday household items such as tins of food, sofas and stairs in his workouts.

He said: "I wanted to make sure our students are keeping as active as possible while the school is closed.

"While Joe Wicks is great, a lot of young people prefer to work with a person they know.

"The workouts are all based in and around the house, so they are ideal for everyone as you do not need weights or a yoga mat or any other gym equipment.

"I have used the stairs, a chair, the sofa and even tins of baked beans! I'm showing that it doesn't matter if you have the equipment or not, you can do exercise with anything.

"I do the full workout and they can simply follow along."

Many school students across the country remain off from school due to the coronavirus



CAN DO: New Rickstones Academy PE teacher Dean Gilder uses tins of baked beans in his online fitness videos

pandemic. New Rickstones Academy is setting work for its pupils online and is also holding virtual assemblies.

But it's Mr Gilder's fitness videos which are proving the biggest hit, with one video having an estimated 1,000 views.

He is planning plenty more videos in the coming weeks.

He added: "As long as children are staying home and staying active, I'm happy with that.

"Filming the workouts is also keeping me motivated and the students are definitely buying into it. They are getting active and that is a positive way to fill the boredom of being at home." Follow the workouts on YouTube by searching for Dean Gilder.

New teachers set for virtual classes

Staff ready to join school amid pandemic

A SCHOOL says new teachers will still begin work at the end of what would have been the Easter holidays – even if the Covid-19 lockdown remains in place.

Maltings Academy in Witham is set to welcome six new members of staff next Monday, which is when the summer term was set to begin.

Like all schools, the academy remains close to most children apart from those whose parents have been deemed key workers by the Government.

But bosses say new staff set to join after the holidays have completed the necessary training and will start work as planned.

New teachers will be asked to prepare work for students online and interact with them – despite having not met them in person.

Among the new staff is science teacher Rebecca Rose, who will be teaching her class using a programme on Google.

She said: "There was quite a lot of anxiety and certainly a lot of unknowns when I realised I would be changing schools during the shutdown.

"The easy option would have been to put everything on hold and do the staff induction when schools reopen. But Maltings did not take the easy option; they found a way to make it happen using Google Hangouts.



NEW STARTER: Science teacher Rebecca Rose

It is nerve-racking for new starters going into a different environment, so the induction was more important than ever

Assistant vice-principal Luke Kilvert

"There were about ten of us live online. We could see each other and watch all the same presentations we would have done if we were together in school for the induction, with the ability to ask questions along the way."

Assistant vice-principal Luke Kilvert says he and his team have done all they can to ensure new teachers feel welcomed, de-

spite having to operate in a virtual world.

He added: "It is difficult enough joining a new school part way through an academic year as everything is under way. Joining in among this unique set of circumstances, when they will be working with children they have never met and having meetings with colleagues they do not know, makes it even more daunting.

"Google has meant our new staff can meet their colleagues virtually and to feel part of the team.

"Lots is still going on with regards to the day-to-day operation of the academy because of the virtual systems we already had in place.

"So, when it came to the new staff induction, we knew it had to go ahead as it is so important to have an induction when you are starting at a new place of work.

"It is nerve-racking for new starters going into a different environment, so the induction was more important than ever.

"Their first day will be very different to normal, too. Normally, I would like them to see lessons happening, to get on the gate to meet students and just get a feel for the academy.

"Now, it will be about leaders ensuring our new starters have the tools they need, before they are handed their timetables."