



Resources for use during Self-Isolation or School Closure

In order to support families during a school closure, we will be regularly updating this document with a list of resources and websites which may help you to support yourself and your child while they are at home. These resources should be used in addition to those being posted on Google Classroom by teachers.

Non Subject Specific Resources:

Internal Operational School Websites	Suitable for			
	Staff	Years 7 to 9	Years 10 to 11	Sixth Form
Google Drive here	✓	✓	✓	✓
Google Classrooms here	✓	✓	✓	✓
Email here	✓	✓	✓	✓
Remote Access for Students (Portico) here		✓	✓	✓
Parmiter's internal homepage (school notices etc) here		✓	✓	✓
Sixth Form Site here	✓			✓
Room Booking System here	✓			
Hertfordshire Grid for Learning here	✓			
Remote Access for Staff (LARA) here (please see instructions on how to access this on Apple or Windows devices in the All Staff Google Drive)	✓			
Parents' Evening here	✓			

General Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Seneca here		✓	✓	✓
Oak National Academy Online Lessons here		✓	✓	✓
BBC Bitesize Daily - New episodes every day with celebrity teachers here	✓	✓	✓	✓
Gojimo - GCSE and A-Level practice questions here			✓	✓
BBC Bitesize here		✓	✓	✓
Quizlet here		✓	✓	✓
Cambridge University - My HE+ bridge the gaps to the next stage of education here			✓	✓
UCL - Managing the transition to homeschooling advice for parents here	✓		✓	✓

Gresham College Lectures here				✓
The Brilliant Club - Resources linked to university aspirations and the skills you need to get you there here	✓	✓	✓	✓
Speakers for schools virtual talks from well renowned speakers and experts in their fields. Schedule and details to join here .	✓	✓	✓	✓
Resources for parents to support children with their routine and learning during homeschooling here	✓	✓	✓	✓
Yes! Futures 10-15 minute activities to develop a young person's understanding of wellbeing, and help grow self-awareness here .	✓	✓	✓	✓

Wellbeing Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Royal College of Paediatrics and Child Health - Resources for parents and carers including when to attend hospital here	✓			
Emergency Mental Health Crisis Support - CAMHS Specialist available 24/7 on 0300 777 0707	✓			
Non-Emergency Mental Health Crisis Support - CAMHS Specialist available via email at hpft.spa@nhs.net	✓			
The OLLIE Foundation - offering free online courses and support for teens and parents during lockdown relating to mental health and suicide prevention here	✓	✓	✓	✓
Signpost video or audio counselling for 10-25 year olds and support service for parents. Call 01923 239495 or 07444 768078 or access here	✓	✓	✓	✓
YC Hertfordshire support here	✓	✓	✓	✓
HYH - Family mediation through to supporting 16-24 year olds here	✓		✓	✓
Kooth - free and safe, support and counselling for young people here		✓	✓	✓
Just Talk - Coronavirus and your wellbeing here	✓	✓	✓	✓
Just Talk - 5 ways to wellbeing secondary-aged pupil guide here		✓	✓	✓
Just Talk - 5 ways to wellbeing parent's guide here	✓			
British Red Cross - Power of Kindness Calendar here	✓	✓	✓	✓
Resources to help parents talk to children about Covid-19 here	✓			
Young Minds - What to do if you are anxious about Coronavirus here	✓	✓	✓	✓
Young Minds - Parent helpline 9.30am-4.00pm, Monday- Friday: 0808 802 5544	✓			
Young Minds - Looking after your mental health when self-isolating here	✓	✓	✓	✓
Every Mind Matters - Coronavirus and mental wellbeing here	✓	✓	✓	✓
Mind* - Coronavirus and your wellbeing here	✓	✓	✓	✓
Mind* Herts Network - Crisis Helpline 01923 256 391. More information here	✓	✓	✓	✓

Anna Freud - Supporting parents and carers during disruption video here	✓			
Anna Freud - Support for young people during disruption here		✓	✓	✓
Headspace App information here available via AppStore and Google Play	✓	✓	✓	✓
Self Anxiety Management (SAM) App information here available on AppStore and GooglePlay	✓	✓	✓	✓
Helpline for children and young people aged 10-17 in Herts. The helpline will provide a safe , non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information, signposting and discuss coping strategies here Helpline number is 01923 256391.	✓	✓	✓	✓
Outspoken Sex Ed helping parents talk openly about sex, bodies, consent and relationships. Advice and age appropriate remote learning activities available here .	✓			
Healthy Young Minds support available for a whole range of wellbeing issues here	✓	✓	✓	✓

Safety Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Hertfordshire Safeguarding Children Partnership - Call 0300 123 4043 if you are worried about a child or young person being abused.	✓	✓	✓	✓
The Key Parent Resource Hub - Online Safety resources for parents including a range of different apps and how to set up parental controls here	✓			
Cyber Security Advice during Coronavirus here	✓	✓	✓	✓
Virtual cyber school gives teens chance to try out as cyber security agents from home - press release and links here		✓	✓	✓
Herts Domestic Abuse Helpline 08 088 088 088 or here	✓			
Safer Places Domestic Abuse Support Services including helpline 03301 025 811 advice and Live Chat available here	✓			
Online Safety - ThinkUKnow Parents help sheet here	✓			
ThinkUKnow - Simple 15 minute Online Safety activities you can do with your child here	✓			
NetAware - your guide to social networking, apps and gaming here	✓	✓	✓	✓
Calm Harm App tasks to help you resist the urge to self-harm information here available on AppStore and GooglePlay	✓	✓	✓	✓
The Children's Society - Dealing with conflict at home when self-isolating advice here	✓			

SEN Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Educational Psychology Service Contact Line for 'Quick Queries'. Available Monday to Friday 2.00pm - 4.30pm. Tel: 01992 588574	✓			✓

Educational Psychology Service - @HertsEPS on Twitter for frequent updates, support and advice during COVID-19 outbreak	✓			✓
Herts Local Offer - Services for children/ young people with SEND here	✓			✓
SEND Specialist Advice and Support. Advice Line available everyday (term time) from 10am-2pm. Tel:01442 453920	✓			
'Managing the Transition to Home Learning' information sheet with a range of links and resources available to help ASD pupils and any others that are finding the change overwhelming - here	✓			✓
Sensory Home Learning Activities - here	✓			
Sir Linkalot Spelling App - Free at the moment by logging in with 'Free' for username and 'Free' for password - here		✓		

Library Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Parmiter's LRC website here	✓	✓	✓	✓
Parmiter's ebooks and audiobooks from Wheelers ePlatform for schools. Free for students here		✓	✓	✓
Zone In: Tips on boosting your reading, writing, speaking and listening skills for young adults here	✓	✓	✓	✓
Audible - 'While schools are closed, we are open (for free)' Free audiobooks for everyone just click and play here	✓	✓	✓	✓
Books read in space by astronauts here	✓	✓	✓	
The British Library - Get creative with activities for children of all ages. Invent your own superhero, make a pop-up book and much more. here	✓	✓		
Ebooks and Audiobooks from Herts Libraries here	✓	✓	✓	✓
National Literacy Trust Family Zone here	✓	✓	✓	✓
Free online books and recommendations with the Books Trust here		✓	✓	
Karen Storms our librarian reads her favourite childhood books and chosen chapters for older pupils here	✓	✓	✓	✓
TumbleBooks - email info@tumblebooks.com with subject line Free TumbleBooks for free access to their entire library here	✓	✓	✓	✓
Teen Book Cloud are offering free access to all their books during lockdown here	✓	✓	✓	✓
JSTOR here 6th formers should consult the LRC website for how to access jstor and all of our resources				✓

Subject Specific Resources:

Career Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form

Parmiter's Careers site here	✓	✓	✓	✓
YC Hertfordshire careers section here		✓	✓	✓
UniFrog here Instructions are in Classroom and here is a link to the website and video instructions here		✓	✓	
HOP resources here		✓	✓	✓
Start modules (will need to register for an account to use) here		✓	✓	✓
Icould Buzz test & videos here		✓	✓	✓
WOW Show careers videos here		✓	✓	✓
Amazing Apprenticeship resources here		✓	✓	✓
Young Enterprise money and budgeting resources here		✓	✓	✓
Barclay LifeSkills virtual work experience here		✓	✓	✓
UCAS virtual tours here	✓		✓	✓
Success at School parent advice here	✓			
Amazing Apprenticeships parents pack here	✓			
Oak National Academy 'My Week of Work' (year 10) here	✓		✓	
HOP Employers Webinar here			✓	✓
Construction Careers Day here	✓	✓	✓	✓
PWC Virtual Events - Skills and Employability here			✓	✓
Jacobs Virtual Work Experience Programme here			✓	✓

Computer Science Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Virtual cyber school gives teens chance to try out as cyber security agents from home - press release and links here		✓	✓	✓
BBC Computing here		✓	✓	
Learn to code with Code Academy here		✓	✓	✓
Anybody can learn to code here	✓	✓	✓	✓

Creative Arts Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
National Theatre - Join us every Thursday for much-loved National Theatre Live productions, free to stream on YouTube for seven days here .	✓	✓	✓	✓
The Royal Opera House - Join us every Friday for much-loved Ballet and Opera Live productions, then free to stream on YouTube for seven days here	✓	✓	✓	✓
Free Guitar lessons from Fender for 3 months here	✓	✓	✓	✓

Drama online library here		✓	✓	✓
Learn to draw some of your favourite characters with the Books Trust here		✓	✓	
Learn about Art and Design here		✓	✓	✓
Art and Design resources here		✓	✓	✓
Watford Palace Theatre free online shows here	✓	✓	✓	✓
Materials Resources for Art here	✓	✓	✓	✓

English Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Study videos with Mr Bruff here		✓	✓	✓
Short stories (<500 words) and bedtime podcasts from Radio 2 here		✓		
The Quotation Bank here			✓	
Cross ref - Free English Literature Study Guides here			✓	✓
School Reading List here		✓	✓	
World Book Day here		✓	✓	
Book Trust here		✓	✓	
Pobble 365 here		✓	✓	
Ted here	✓	✓	✓	✓
English and Media here	✓	✓	✓	✓
My Shakespeare here		✓	✓	
RSC here		✓	✓	
Shakespeare's Globe here		✓	✓	
Poetry Foundation here	✓	✓	✓	✓
Poetry by Heart here	✓	✓	✓	✓
Poetry Foundation here	✓	✓	✓	✓
National Poetry Day here	✓	✓	✓	✓

Humanities Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Virtual Travel Experiences here	✓	✓	✓	✓
Take virtual tours of the world's most famous landmarks here	✓	✓	✓	✓
Go on Live Safari here	✓	✓	✓	✓
HistoryView here (Virtual Tours of Museums, Art Galleries, National Parks)	✓	✓	✓	✓

and Historic Sites)				
BBC Newsround here		✓	✓	

Mathematics Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Corbett Maths here (Videos, worksheets and practice papers)		✓	✓	✓
Transum here (Activities, puzzles, problems, visual aids, investigations and lots more)		✓	✓	✓
MyMaths here students have been provided with school log in details)		✓	✓	✓
Dr Frost here (Videos, online worksheets and practice papers)		✓	✓	✓
Advance Maths Support Programme here (The AMSP provides free access to A level Maths videos to registered schools. This resource is particularly valuable to Further Mathematics students. STUDENT ACCOUNT: Username: amst-Parmiters811, Password: BijjectiveFunction905%)				✓
TLMaths here (This website has videos on A level Mathematics topics and focuses on how to answer specific questions)				✓

Modern Foreign Languages (MFL)	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Rosetta Stone - Free language learning for kids here Normally £50		✓	✓	✓
Quizlet here		✓	✓	✓
Kerboodle here			✓	
Lyrics training here		✓	✓	✓
Conjuguemos.com (For grammar) here		✓	✓	✓
French - Zut: here (ask your languages teacher for login details)		✓	✓	✓
German - Gut: here (ask your languages teacher for login details)		✓	✓	✓
Spanish - Oye: here (ask your languages teacher for login details)		✓	✓	✓

PE/ Keeping Active Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
PE with Joe Wicks and short fitness sessions here	✓	✓	✓	✓
Daily Yoga here	✓	✓	✓	✓
Home stretching and HITT Circuits here	✓	✓	✓	✓
Saracens Sports Foundation #TogetherActive: Rugby, Dance, Cheer and	✓	✓	✓	✓

Fitness activities at home available here				
Work out, stay health and seek calm with Chris Hemsworth - 6 week free trial here	✓	✓	✓	✓
Davina McCall - Own your goals 30-days free here	✓	✓	✓	✓

Science Resources	Suitable for			
	Parents	Years 7 to 9	Years 10 to 11	Sixth Form
Active Learn here			✓	
Free Science lessons (Video links) here			✓	
Physics & Maths tutor (all sciences) here			✓	✓
Study Marine Biology in the Maldives (Virtually) here	✓	✓	✓	
Isaac Physics for GCSE and Alevel here			✓	✓
Kerboodle - GCSE and A level Sciences here			✓	✓
PhER for science related simulations here		✓	✓	✓