

**ROCK  
STEADY™**

# SAFETY AND WELLBEING GUIDE

“ Rocksteady have a clear risk assessment in place, the Band Leader saw our risk assessment and ensured all measures were put in place. It’s a very safe environment for the children to be in. ”

**Rebecca Stacey, Co-Head, Boxgrove Primary School**

**100%**  
OF HEADTEACHERS  
Said that Rocksteady's  
back to school  
arrangements were  
very good or  
excellent.\*

## KEEPING EVERYONE SAFE

This guide will be updated in line with changes to Government Guidance.  
For the latest version visit: [rocksteadymusicschool.com/backtoschool](https://rocksteadymusicschool.com/backtoschool)



TIMETABLES IN BUBBLES

+



REGULAR TESTING

+



PUPIL & STAFF HYGIENE

+



INSTRUMENT HYGIENE

+



FACE COVERINGS

+



WORKING WITH YOUR SCHOOL

=



MUSICAL FUN & LEARNING

# HELPING YOUR PUPILS SETTLE BACK TO SCHOOL LIFE

In September last year Rocksteady returned to teaching in hundreds of schools. \*We asked these schools and parents how Band Lessons were supporting children and here's what they said:

**100%**  
HEADTEACHERS  
said Rocksteady lessons have a **significant positive impact on their pupils.**

**100%**  
PARENTS  
trust Rocksteady to **deliver Band Lessons in school safely.**

**100%**  
HEADTEACHERS  
said that Rocksteady's **back to school arrangements were very good or excellent.**

**90%**  
PARENTS  
said that Rocksteady helped their child **adjust back to school life.**

**96%**  
HEADTEACHERS  
said that Rocksteady lessons **boost their pupil's confidence.**

**90%**  
PARENTS  
told us band lessons improve their **child's sense of wellbeing.**

This guide sets out how we have adapted our policies to meet the latest **Government Guidance**. The Government has confirmed that peripatetic teachers can work in schools and music should be an essential part of school life. Our health and safety policy is fully compliant with the latest guidance and this can be read at the back of this guide.

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

0330 113 0401

Updated 6<sup>th</sup> April 2021

\*From a survey of 105 primary schools and over 1,100 parents whose children started lessons in September 2020.



# STRONGER AND MORE CONFIDENT WITH ROCKSTEADY



## BOOSTS MENTAL HEALTH AND WELLBEING

Studies show that playing an instrument is medically proven to reduce anxiety and promote emotional wellbeing. Our highly trained Band Leaders help children to express their emotions through music in a safe and creative environment.

“ For their mental health and wellbeing, it’s absolutely essential that we allowed Rocksteady to come and work with our kids. ”

**Rebecca Stacey, Co-Head, Boxgrove Primary School**



## REBUILDS FRIENDSHIPS

Music can play an important role in allowing your pupils to socialise together. Being in a band in a safe and encouraging social group builds confidence and self-esteem. Lessons help children rebuild friendships and gives them an opportunity to make new ones.

“ The children are getting so much enjoyment in what they are learning, as well as improving their listening skills and developing their creativity. ”

**Claire Garrett, Deputy Head, Stephenson Memorial Primary School**



## DEVELOPS SOCIAL SKILLS

When children play in a band together it boosts their social skills, develops empathy and improves resilience in a non-competitive setting. It encourages children to support one another and teaches tolerance and kindness.

“ Rocksteady provides an opportunity for children to develop some of their fundamental learning skills. Through the sessions they are building their listening skills, co-operation and resilience. ”

**Louise Minter, Headteacher, Streetsbrook Infant and Nursery School**



## SUPPORTS TEAM WORK

Lessons allow children to work and learn together as a band. They develop teamwork and listening skills, which helps with their transition back to school life. Children form a supportive group where they can share ideas and celebrate their achievements together.

“ The lessons have already had a huge impact on the children, they have grown in confidence and have learnt to work collaboratively with their peers to be successful in their band. ”

**Miranda Van Manen Bower, Head, William Morris Primary School**



## HELPS LEARNING AND FOCUS

Playing an instrument is scientifically proven to stimulate both sides of the brain at the same time. Research shows this brain workout significantly increases memory, literacy and numeracy. This can have a transformative effect across the whole of their school life.

“ Rocksteady really has put a massive smile on their faces and this has helped with wider engagement when they are back in class. ”

**Mr Bradshaw, Head of School, Colmore Junior School**

Why not get in touch with our School Champions to find out more about the links between music, wellbeing and progression and how we can help support your school.

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

## 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.
- Try to implement 'bubbles' of an appropriate size to achieve the greatest reduction in contact and mixing. Make sure this will not affect the quality and breadth of teaching or access for support and specialist staff.

- ✓ With your help, Rocksteady bands will be made up of pupils within the same year group or Key Stage bubbles and we will be flexible to support other types of bubbles at your request.
- ✓ Children will stay in their same band each week, closely following your school's policy.

## LESSONS, SOCIAL DISTANCING AND HYGIENE



- Peripatetic music teachers can move between schools. They must follow your school's arrangements for managing and minimising risk based on the system of controls.
- Take particular care to observe social distancing where possible. Ideally, adults should maintain 2 metre distance from each other and from children.
- Face coverings may be used in primary schools where social distancing isn't possible.
- Resources that are shared between classes or bubbles should be cleaned frequently. When sharing equipment between different bubbles, you should clean it before it is moved between bubbles. If instruments have to be shared, disinfect regularly.

- ✓ We will work with schools to arrange for Band Leaders to take two lateral flow tests a week, in line with Government guidelines. Results can then be provided as required from the Band Leader. We will also work with schools to fit any additional testing policy requirements.
- ✓ Rocksteady staff will follow social distancing guidelines with your school staff and pupils. Sometimes this may be difficult because of your school environment or emergency situations. If that's the case, time spent within 2 metres will be at a minimum.
- ✓ Subject to your school's policies, where social distancing isn't possible (for instance when moving around corridors) staff will wear face coverings and are trained to wear and store them safely.
- ✓ All Rocksteady staff will wash their hands when arriving and leaving your school, as well as frequently during the day. They'll also carry hand sanitiser to use when washing their hands is not possible.
- ✓ Your pupils will be asked to wash their hands before and after their band practice. Plus, we'll disinfect all our instruments with alcohol wipes between lessons and when needed throughout the day.

## SINGING AND MUSIC



- Lessons in music, dance and drama can continue in schools.
- Limit the numbers of people who sing together. Singers are to be spaced at least 2 metres apart in all directions.
- If possible, use microphones to reduce the need for shouting or prolonged periods of singing.
- Keep accompanying music to levels which do not encourage performers to raise their voices unduly.

- ✓ Rocksteady are prepped and ready with all measures in place to offer lessons in school safely.
- ✓ A Rocksteady band has a maximum of 2 singers who will be spaced at least 2 metres apart in any direction away from each other and the rest of the band.
- ✓ Music volume will be kept to a suitable level to enable teaching and reduce the risk of performers raising their voices.

## BROAD AND BALANCED CURRICULUM



- Ensure your curriculum offer remains broad, so that the majority of pupils are taught a full range of subjects over the year, including music.
- You should continue teaching music, as part of your school curriculum, especially as this builds pupils' confidence and supports their wellbeing.

## BEHAVIOUR, DISCIPLINE AND WELLBEING



- Lack of routine, and classroom discipline may contribute to disengagement for some pupils returning to school. This could result in an increase in poor behaviour.
- Some pupils may return to school having suffered from, bereavement, anxiety or in some cases, increased welfare and safeguarding harms.
- Some pupils may be experiencing a variety of emotions in response to the coronavirus (COVID-19) outbreak, such as anxiety, stress or low mood.
- Consider using extra-curricular activities to:
  - support the rebuilding of friendships and social engagement
  - support pupils with approaches to improving their physical and mental wellbeing

- ✓ Rocksteady lessons promote wellbeing, boost confidence, build friendships and enhance resilience.
- ✓ Lessons can support your recovery curriculum. Music participation has been linked with improved academic performance across the board. Children who actively engage with music benefit from higher IQ scores, more progress at school, better exam results and improved attendance.
- ✓ All Rocksteady Band Leaders are highly trained in managing energy, which results in improved behaviour. Regular weekly Band Lessons give disengaged pupils something to look forward to and can have a transformative effect on challenging behaviour.
- ✓ On a regular basis our staff complete training from the Child Protection company, have in-house safeguarding training plus refresher sessions. Lessons are a safe space for children to explore their emotions in a supportive non-competitive environment.
- ✓ Learning to play an instrument is scientifically proven to help reduce anxiety and stress whilst increasing positive feelings.
- ✓ Studies show that playing and listening to music has a positive impact on mental health and wellbeing. Lessons play an important role in allowing pupils to socialise together in a safe environment, giving them an opportunity to re-build friendships and meet new friends.
- ✓ Bursary places are available to schools to help children most in need and in many cases during the first term back we can provide extra bursary spaces to children most affected by lockdown.

Source: Actions for schools during the coronavirus outbreak 6<sup>th</sup> April 2021

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak>





# ROCKSTEADY IN-SCHOOL HYGIENE POLICY

Rocksteady Music School will follow all the current Government guidelines, so we will review this guide whenever we receive new information.

We know all schools have unique challenges and opportunities, so we'd like to hear from you if this guide doesn't fit your school environment.

This guide is the minimum and mandatory measures we'll be taking, and serves as a starting point for discussions with you.

This policy also lists the extra things we'd like to do if practicality and your school environment allows it. We will talk to you about these school-specific measures before we start.

Exceptions to this policy will be made on a case by case basis for any of your pupils who have individual needs and in line with your school's policies.

## STAFF HYGIENE

The safety of Rocksteady staff, pupils and schools is our top priority. Rocksteady understands the importance of the heightened personal hygiene measures currently in place and has taken the following measures in response to the Government guidance.

In addition, Rocksteady has provided hand sanitiser and alcohol wipes to all teaching staff and managers for use while on school premises. It's the responsibility of Rocksteady to ensure they restock their hand wash and alcohol wipes in good time.

Face coverings are provided for use by our Rocksteady staff to use as required in accordance with Government guidelines and Rocksteady staff will be regularly reminded of public health advice and to dispose of any PPE and alcohol wipes responsibly.

We will work with schools to arrange for Band Leaders to take two lateral flow tests a week, in line with Government guidelines. Results can then be provided as required from the Band Leader. We will also work with schools to fit any additional testing policy requirements. If a Rocksteady staff member begins to develop symptoms, they are to immediately follow the Government Track and Trace guidelines and inform Rocksteady's Head of HR.

These are the measures Rocksteady teaching staff and managers will take:

### MANDATORY MEASURES

- All Rocksteady staff will follow the Government advice on washing their hands at the following points throughout the day (if hand washing facilities are unavailable, Rocksteady staff will use their prescribed hand sanitiser):
  - Upon arrival at a school.
  - Upon departure of a school.
  - If teaching at a school for a whole day, once after and once before their morning and afternoon teaching times.
  - After coughing or sneezing (which should be covered/caught with a tissue where possible and disposed of appropriately).
  - Any time they feel necessary throughout the day.
- Rocksteady Band Leaders will take two lateral flow tests a week.

### ADDITIONAL MEASURES

- Where required, Rocksteady staff will wash their hands at additional times throughout the day.



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## INSTRUMENT HYGIENE

The safety of Rocksteady staff and pupils is our top priority. Rocksteady understands that the instruments and equipment it provides are in constant use by staff and pupils each day. The following measures have been put in place for staff to maintain the cleanliness of their equipment.



### MANDATORY MEASURES

- The Rocksteady Band Leader will use the alcohol wipes provided to wipe down each instrument (in accordance with our H&S policy) as follows:

#### Following each band:

**Drums:** All drumsticks.

**Keyboards:** All keys on the keyboard.

**Guitar:** All plectrums, guitar necks and scratch plates.

**Vocals:** The microphone grill, body and pop shield.

#### At the end of each day:

**Mixer:** Faders and dials.

**Amps:** Dials and handles.

**Bags:** Handles.

#### At the end of each week:

**Leads:** All cables.

**Drums:** Pedals / Pads.

**Keyboards:** The full keyboards.

**Guitars:** The full guitars.

**Stands:** All stands.

### ADDITIONAL MEASURES

- When needed, Rocksteady staff will wipe their equipment at extra times throughout the day.
- If our pupils would like to use their own equipment (plectrums, drum sticks, guitars etc) and the school is happy to agree to this, Rocksteady staff will wipe down the equipment before and after use. Equipment with electrical power cannot be accepted.
- Additional measures will be agreed with individual schools to fit in with the school's own policies and procedures.





“ Rocksteady is a service we cannot afford to NOT deliver at the moment. ”

Denise Vaughan, Music Lead,  
Oak Tree Primary School, October 2020

0330 113 0401

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HAPPINESS  
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BEHAVIOUR  
INCLUSION