



SAFETY AND WELLBEING GUIDE

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

Rebecca Stacey, Co-Head, Boxgrove Primary School

100%
OF HEADTEACHERS
Said that Rocksteady's lessons have a significant positive impact on their pupils.*



PUPIL & STAFF HYGIENE



REGULAR TESTING



INSTRUMENT HYGIENE



WORKING WITH YOUR SCHOOL



PUPIL SUPPORT AND WELLBEING



MUSICAL FUN & LEARNING

KEEPING EVERYONE SAFE AND ROCKING!

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

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

100%
PARENTS
trust Rocksteady to **deliver band lessons in school safely.**

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

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

This guide collates all the key **Government Guidance** and need-to-know information to keep your school safe, while you keep on rocking! In line with the latest guidance, we have removed the bubble restrictions from the timetables, as we know many parents and children have been waiting patiently to join a band. However, wherever restrictions are still in place, we will work with schools subject to their own policies. 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

0330 113 0401

Updated 2nd December 2021

*From a survey of 105 primary schools and over 1,100 parents.



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.

“ The children have developed new skills and increased in confidence and personal well-being. Children who previously would never have dreamed of performing, take to the stage with a new found confidence and determination. ”

**Neil Bailey, Music Lead,
Biggin Hill 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

GOVERNMENT GUIDANCE *

ROCKSTEADY RESPONSE

MIXING AND 'BUBBLES'



- We do not recommend that it is necessary to keep children in consistent groups ('bubbles'). This means that 'bubbles' will not need to be used in schools. As well as enabling flexibility in curriculum delivery, this means that assemblies can resume.

- ✓ In line with the guidance we have removed the bubble restrictions from the timetables. Please let us know asap if you have any restrictions still in place that could stop children joining cross year group bands.

ENSURING GOOD HYGIENE FOR EVERYONE



- **Hand hygiene** - Frequent and thorough hand cleaning should now be regular practice. You should continue to ensure that pupils clean their hands regularly. This can be done with soap and water or hand sanitiser.
- **Respiratory hygiene** - The 'catch it, bin it, kill it' approach continues to be very important. Use of personal protective equipment (PPE) - Most staff in schools will not require PPE beyond what they would normally need for work.

- ✓ Your pupils will be asked to wash their hands before and after their band practice. 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.
- ✓ Rocksteady staff will be regularly reminded of public health advice and to dispose of any PPE and alcohol wipes responsibly.

MAINTAIN APPROPRIATE CLEANING REGIMES



- You should put in place and maintain an appropriate cleaning schedule. This should include regular cleaning of areas and equipment (for example, twice per day), with a particular focus on frequently touched surfaces.

- ✓ We'll disinfect all our instruments with alcohol wipes between lessons and when needed throughout the day. For more details see our hygiene policy at the end of this guide.

GOVERNMENT GUIDANCE*

ROCKSTEADY RESPONSE

FACE COVERINGS



- In primary schools, we recommend that face coverings should be worn by staff and adults (including visitors) when moving around in corridors and communal areas.

- ✓ Following Government guidance and subject to your school's policies, in communal areas and when moving around corridors, staff will wear face coverings and are trained to wear and store them safely.

TESTING



- Testing remains important in reducing the risk of transmission of infection within schools. Staff should continue to test twice weekly at home, with lateral flow device (LFD) test kits, 3-4 days apart.

- ✓ 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 in with any additional testing policy requirements.

PUPIL WELLBEING AND SUPPORT



- Some pupils may be experiencing a variety of emotions in response to the COVID-19 pandemic, such as anxiety, stress or low mood.

- ✓ 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.
- ✓ 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.
- ✓ Give your whole school a wellbeing boost by joining in our '**Feel Good Friday**' FREE weekly music live stream lessons. Watch live or on catch up at a time that suits your timetable.

Source: Schools COVID-19 operational guidance, updated 2nd December 2021

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/schools-covid-19-operational-guidance>

To find out more visit www.rocksteadymusicschool.com/feelgoodfriday/



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.

We will follow Government Guidance and your schools policies if there are areas of your school where it is required to wearing face coverings. 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.



ROCK
STEADY

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.

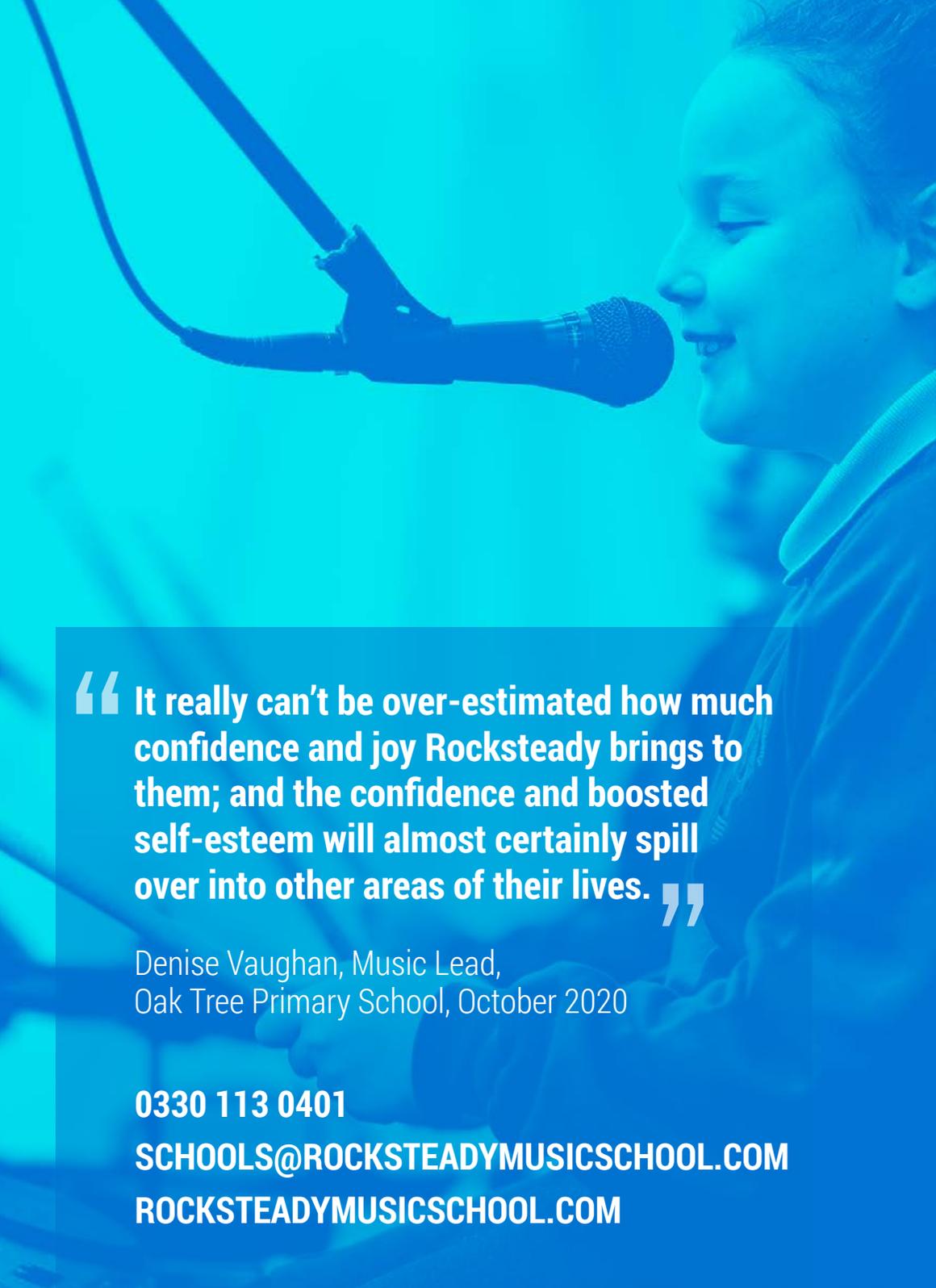
Keyboards: The full keyboards.

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.



“ It really can't be over-estimated how much confidence and joy Rocksteady brings to them; and the confidence and boosted self-esteem will almost certainly spill over into other areas of their lives. ”

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

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SCHOOLS@ROCKSTEADYMUSICSCHOOL.COM

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WELLBEING
HAPPINESS
ATTAINMENT
CONFIDENCE
ENGAGEMENT
TEAMWORK
INCLUSION