

**ROCK
STEADY™**

KEEPING EVERYONE SAFE

“ We couldn't be more impressed with Rocksteady and have only invited you back into our school, no other providers, as we were so impressed with your risk assessment. ”

**Joanne Sumner, Assistant Head,
Hazeldene Primary School, September 2020**



**HYGIENE – WE'VE
GOT IT COVERED**



PUPIL & STAFF HYGIENE

+



INSTRUMENT HYGIENE

+



TIMETABLES IN BUBBLES

+



WORKING WITH YOUR SCHOOL

=



MUSICAL FUN & LEARNING

HEALTH AND SAFETY GUIDE

Rocksteady has returned to teaching in hundreds of primary schools across the UK, helping boost the wellbeing and long-term futures of thousands of children.

This guide sets out how Rocksteady have adjusted to **Government Guidance** which confirms that peripatetic teachers can work in schools and music lessons can be delivered, so long as safety precautions are undertaken. Our health and safety policy is fully compliant with the latest guidance and can be read in this guide.

schools@rocksteadymusicschool.com

0330 113 0401

Updated 5th November 2020



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.
- If it is not possible to maintain bubbles being used during the school day then providers should use small, consistent groups.

- ✓ With your help, Rocksteady bands will be made up of pupils within the same year group or Key Stage bubbles.
- ✓ We'll be flexible to keep the same children in the bands, closely following your schools policy.

TEACHING SPACE & CLEANING



- Peripatetic teachers - Maintain distancing requirements with each group they teach, where appropriate.
- Minimise contact between individuals and maintain social distancing wherever possible.
- Ideally, adults should maintain a 2 metre distance from each other, and from children.
- Resources that are shared between classes or bubbles, should be cleaned frequently and meticulously and always between bubbles.

- ✓ 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.
- ✓ 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



- In smaller groups music activities can take place, schools should observe strict social distancing between each singer and player.
- Pupils should be positioned back-to-back or side-to-side when playing or singing (rather than face-to-face) whenever possible.
- If possible, use microphones to reduce the need for shouting or prolonged periods of singing.

- ✓ A Rocksteady band has a maximum of 9 children across all instruments with a maximum of 2 singers.
- ✓ If a band has more than one singer, they'll be positioned facing away from everyone at opposite ends of the band. They'll also both have a microphone so they can sing quietly but still be heard.
- ✓ All microphones will have pop shields which will be cleaned between singers.

BROAD CURRICULUM



- All pupils should have access to a quality arts education. Music builds confidence and helps children live happier, more enriched lives, and discover the joy of expressing themselves.
- Schools should consider pastoral and extra-curricular activities to all pupils designed to: support the rebuilding of friendships and social engagement and improving physical and mental wellbeing.

- ✓ Lessons can support your recovery curriculum. Arts 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.
- ✓ Rocksteady promotes wellbeing, helping children become more confident, build friendships, enhance resilience and focus on behavioural skills.

Source: 'DfE Guidance for full opening: schools. Published 5th November 2020

www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools

STRONGER AND MORE CONFIDENT WITH ROCKSTEADY

- **Music plays a key role in helping to boost your pupil's sense of wellbeing.**
- Did you know you can support the wellbeing of all of your pupils through our **Feel Good Friday** live streams? A **FREE** music resource for KS1 and KS2, which also follows the music curriculum. To find out more email schools@rocksteadymusicschool.com

HOW ROCKSTEADY LESSONS WILL HELP YOUR PUPILS:

BOOST WELLBEING

Playing an instrument is medically proven to reduce anxiety and promote emotional wellbeing. This will have a big impact on how much your pupils enjoy school.

BUILDS CONFIDENCE

Lessons are designed to enable every single child to succeed, building their confidence in their own abilities.

CREATES EQUALITY

All members of the band are equal, regardless of starting point or ability. This feeling of equality can be transformational for all pupils and has a pronounced effect on children with special educational needs or those with an additional language.

INCREASE SOCIAL ENGAGEMENT

Music can play an important role in allowing your pupils to safely socialise together. Plus, playing in a band helps children boost their social skills, develop empathy and improve resilience.

EXPRESS EMOTIONS

With the support of trained Rocksteady staff, lessons are a creative outlet and can be a safe place for your pupils to express difficult emotions and explore their feelings. Being part of a band can also help children develop their own identity, which is an important step in building self-esteem.

**ROCK
STEADY™**

FINE-TUNE ACADEMIC SKILLS

Playing an instrument is scientifically proven to stimulate both sides of the brain at the same time. Research shows this brain work-out significantly increases memory, literacy and numeracy.



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.

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A young boy in a school uniform is playing a piano. The image is overlaid with a blue tint. The boy is looking down at the keys and has a focused expression. The piano keys are visible at the bottom of the frame.

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.

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 have also been provided should they be required or requested by the school and Rocksteady staff will be regularly reminded of public health advice and to dispose of any PPE and alcohol wipes responsibly.

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.

ADDITIONAL MEASURES

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



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**

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**WELLBEING
ATTAINMENT
CONFIDENCE
ENGAGEMENT
BEHAVIOUR
INCLUSION
RESILIENCE**