

Studying From Home

Guidance for Secondary School Students

in KS3 / KS4 / KS5



Introduction

Learning from home for an extended period is a new experience for students and supporting children to learn from home is a new experience for parents. We will keep in touch with you to support and guide you and will provide the best resources we can.

It is important that students continue to do school work every day from Monday to Friday during term time. However, simply trying to follow a full school timetable at home is likely to be very difficult; students are unlikely to work effectively and it may become very frustrating. It is important to try to introduce variety but within a set structure. Take morning breaks and a proper lunchtime and if you normally do five different subjects in a day, perhaps three may be better when working at home.

This guide contains lots of tips and ideas, as well as some suggested timetable ideas. Remember there is more than one way of structuring your time so find things that work for you and share them with us and with each other. Remember that there are opportunities to do valuable things that you may not normally have time to do in the same way in school. For example, you may want to put aside an hour a day for quiet reading or watching a documentary. Some students and parents may want to add cooking a meal for the family, baking or gardening into the timetable.

Remember to get exercise either at home or outdoors (within government guidance) and putting some household chores or helping a vulnerable neighbour into a plan for the day is also perfectly reasonable.

We will do our best to keep feeding ideas, activities and resources to you over the next few weeks. We hope you find this guidance useful.

Creating the Perfect Working Environment



Try to have a workspace that is as free from distractions as possible. Try to avoid using your mobile phone and gadgets whilst you are working.



Stick to your normal routine as much as possible.



Structure your day by creating a weekly learning timetable. An example is on pages 6-7.



Sit at a desk or table.



Make sure you take regular breaks, especially when using screens and electronic devices.



Take breaks away from your workspace.

Staying Focused on Your Work

Use a variety of study methods, such as books and podcasts. Move away from the computer screen whenever possible.



Do some form of physical activity or exercise after completing a task.



Plan in breaks and social times as you would in a normal school day.



Divide up your learning into manageable chunks, like normal lessons. Don't spend an entire morning or afternoon on just one topic or subject area.



Be sociable.

Use social media, video calling and/or the telephone to speak to your friends and family.



Routines that are set at the start are routines that stick. Your daily activities can change, but try to stick to the timings of your day.



Try to structure your day when you know you work at your best. You might find it easier to concentrate on subjects like maths and English in the morning and more creative subjects like art or music in the afternoon.



Looking After Your Mental Health



Eat a healthy balanced diet.

Lots of fresh fruit and vegetables will mean your brain and body get all the nutrients they need to stay healthy.

Take regular breaks.

Change your surroundings and go for a quick walk around the garden or make a drink.



Drink plenty.

Make sure you keep hydrated and drink enough water during the day. Fill your water bottle just as you would at school.

Stay in touch.

Just because you may be isolating doesn't mean you have to be isolated. There are lots of ways to stay in touch with your friends and family safely.



Keep moving.

It is important to keep active and exercise regularly. You may not be able to do your usual favourite activity so have a look for new ones that can be done in your home and online.

Online Support

Well-being Support

We know that during this time there will be a lot of things that will seem very different and can be quite unsettling.

Looking after your mental health is very important. There are lots of useful websites that you can use to help you with any feelings you may have of worry and anxiety. These will help to support and maintain a positive mood.

As well as these websites, school will continue to provide support through our pastoral system, and should you have any concerns then please do not hesitate to contact us using the pastoral group email on the online platform. The pastoral team will also be able to provide further information of external providers offering support for families.

▶ <https://www.headspace.com/covid-19>

Headspace - We're here for you. There are a lot of unknowns in the world right now. But one thing is certain — Headspace is here for you. To help support you through this time of crisis, we're offering some meditations you can listen to anytime.

▶ <https://www.nhs.uk/oneyou/every-mind-matters>

Every Mind Matters. Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and well-being.

▶ https://hayf.squarespace.com/covid_19

How Are you Feeling? Using existing trusted sources and organisations, we have gathered together a selection of the best resources, information sites and news services to help you.

▶ <https://youngminds.org.uk/blog/>

YoungMinds. If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.

Online Learning Platform Support

Your school has provided an online learning platform that will be regularly updated with new work to complement and support your child's studies.

Should support or guidance be required please use the subject email addresses which are listed on the online platform. Teachers will endeavour to respond to students during normal school hours.

My Weekly Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Learning							
	Break						
Morning Learning							
	Lunch						
Afternoon Learning							
	Break						
Evening Activities							

My Weekly Timetable - Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning Learning	Maths	English	Science	Reading Hour/ English	Maths	<p>Try to stick to your normal routines and hobbies as much as possible at home.</p>		
Break								
Morning Learning	Art/ D&T	Exercise Routine	Geography	History	Exercise Routine			
Lunch								
Afternoon Learning	English/ MFL	Drama/ Music	Business Studies/IT	Art/ D&T	Science			
Break								
Evening Activities	Physical Activities	Hobbies	Video Games/ Netflix	Chores	Social Media			

Advice For Parents

Routines are very important and having a schedule for the week will help to support and structure your child's day so that learning can be both meaningful and fun. Varying the length of activities will ensure children remain focused and on task. Remember a school lesson is only an hour long so keep most learning activities to this length of time.

Learning from home does not mean that all parents and carers have to be teachers. School will provide you with access to work that supports and complements your child's on-going education. Please continue to access the online platform using the school's website and other free online resources found within the subject areas.

Social time is very important and they may not always be able to do this face to face. Try to keep social time to the usual times they would see their friends such as after school and at weekends. This will help with their focus and maintaining positive routines that are good for mental health.

Work with your child and let them take the lead when planning their study timetable. Encourage them to reflect upon the day by talking through the activities they have completed. Also encourage them to be mindful of the environment - think before printing. Save work electronically, take screenshots or photograph work to share with teachers at a later date.

Your child's mental health is as important as making sure they have routine and structure to their day. There are lots of websites offering help and support for free to ensure your family stay happy and healthy. Please use these facilities to support a positive mood in your home.



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