

A Student Guide to Distance Learning

Why is it important that I continue learning?

- Having a routine and keeping both your brain and body active will keep you healthy and safe
- It is important to continue learning so try to engage with any learning opportunities on offer
- Remember you will return to school and you will sit assessments so you need to be prepared for this we want to make sure you are ready!
- It is crucial that all of us continue to learn – all of us miss our “normal” classroom life but it is important that you as a student continue learning, we as teachers support you and do this by keeping in touch regularly and be available during school hours via email.
- Your job is to give everything a go; our job will be to make sure you've understood it when we're back in school. For us to do this well, you need to have tried.

What do I have to do?

As a **minimum** expectation (we know you can do more than this!) you should be working for:

Years 7 & 8: [1- 2 hours work during a school day](#)

Years 9, 10 and 11: [2-3 hours work during a school day](#)

- Prepare a quiet space to work in, ideally with a flat desk/working surface away from others
- Make sure you have access to all your resources including your ClassCharts login, laptop/iPad (fully charged) and exercise/notebook or paper to write on.
- Organise your time so you work in chunks and give yourself regular breaks. If you are struggling have a break and come back to the task
- Switch off! Try to turn off anything that will be a distraction from your learning - TV / mobile phones / social media / games
- [Login to ClassCharts on a daily basis review and have a go at all tasks that are set by your teachers.](#)
- Upload or complete the specific work that the teacher asks to see – **you will be asked to show evidence of specific work at least once a week per subject** - teachers may give you your feedback through Class Chart or via an online assessment tool such as Seneca, MyMaths, Tassomai or Educake (they won't be giving feedback on every task, just like they don't mark every page in your exercise book)
- Have a go at everything – you can do it! We want you to succeed and we miss you all and want learning to be part of a routine that keeps you safe, happy and healthy!

What if I get stuck?

- If you are finding the task hard/don't understand you could: re- read the task and use the additional resources such as video clips to help your understanding; use your books and notes from previous lessons if you have them; ask your friends on social media; ask those in your household around you. If you are still struggling after this then email your teacher directly to ask them for help.
- Unless your teacher has told you a specific way to complete the work, try to vary how you work: laptop; handwrite; mind map; use any exercise books you may have at home

Teachers will follow this timetable when setting your work:

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7 (min 1-2 hours daily)	MFL	English	Maths	Science	English
	Maths	Science	Geography	History	Art/DT/Computing
Year 8 (min 1-2 hours daily)	Maths	Science	Art/DT/Computing	Geography	History
	MFL	English	Maths	Science	English
Year 9 (min 2-3 hours daily)	Science Triple Sci - Biol	Maths	Science Triple Sci- Chem	English	Maths
	English	<u>Option A</u> <ul style="list-style-type: none"> Media Dance Art Computer Science Geography History Photography 	<u>Option B</u> <ul style="list-style-type: none"> Health and Social Geography Art Design Technology Spanish PE BTEC 	<u>Option C</u> <ul style="list-style-type: none"> PE BTEC Travel and Tourism Food Geography Photography Triple Sci – Physics Spanish 	<u>Option D</u> <ul style="list-style-type: none"> Engineering Health and Social Travel and Tourism French Geography History
Year 10 (min 2-3 hours daily)	English	Maths	Science Triple Sci -Chem	English	Maths
	Science Triple Sci - Biol	<u>Option A</u> <ul style="list-style-type: none"> Art Geography History Dance Health and Social Sport Geography 	<u>Option B</u> <ul style="list-style-type: none"> Art French Geography History Design Technology Spanish 	<u>Option C</u> <ul style="list-style-type: none"> Computer Science Food Geography Media Photography Performing Arts French 	<u>Option D</u> <ul style="list-style-type: none"> Photography Triple Sci - Physics Engineering Health and Social Sport Travel and Tourism

How can I look after myself?

- Exercise – You will be set a PE Activity everyday use this as part of your learning time and to keep active. Ideally you should do 30mins of physical activity a day – get outside if you can!
- Get in a routine – setting yourself timetable with your family and those around you will help you organise your time
- Eat well – healthy snacks, drinking enough water and sitting down for meals will keep you fit and well
- Sleep well – try to go to bed as you would in a ‘normal’ school week. Try to get up at your usual time
- Social media – keep in touch with your friends and wider family but always use social media responsibly
- Limit screen time if you can - Research suggests that teenagers should have no more than 2 hours of screen time per day.
- Look after those around you – Be kind, remember to be gentle on yourself and others, remember there are people who are ready to support you if you need it.

We miss you all – stay safe, stay at home and look after each other