

Lockerbie Academy

Learning @ Home
Advice on your day



Learning @ Home is very different to being at school. We have to be realistic with what can and will be achieved. We are also very aware that not all families will have access to a device for all family members, especially where adults are working from home as well. We hope that this sheet will help you manage your families day whilst schools are closed.

Routines

Keep getting everyone up and dressed at the same time as normal.



Meals

Break and lunch is an important part of our school day. Get everyone involved in making a snack/meal together and sit together to chat.



Study time

Spending 6 hours a day studying is not realistic at home. We would recommend that between 2-3 hours a day is focused on classwork, working quietly on tasks set by teachers – without their mobile phones. Learning can also take place in lots of other activities at home – making meals together, exercising, reading, watching films/TV together, doing chores, helping siblings with their schools work – some of these types of task might have been set by staff and can be used to break up the day for everyone.



Exercise

As we can't get out and about as much at the moment, make a point of doing some exercise. It's also really good for our mental health too. There are some really good PE videos that have been made to do at home – we will share these on our website/social media.



Socialising

We are being asked to socially distance – so young people should not be meeting up with their friends in person. Let them have some time to chat to friends on their devices or on the phone. Remember that family time is more important now than ever – watch films together, play games, make a point of eating together.



Keep in touch

Share with us what you have been doing at home to give other families ideas.

Twitter @LockerbieAC

Facebook

@Lockerbie.Academy

If you need help accessing Glow and using Teams please e-mail

EducationICT@dumgal.gov.uk

Don't forget to send in any work to your teachers to check and give you feedback.

