

Learning at Home

We do not expect you to spend the same amount of time on school work; 2-3 hours is the most on a good day. The most important thing is to try as much as you can and that is all we can ask. It is important that you get into a routine though, and plan your week ahead. It could look like something this:

Time	Activity
Before 9am	Wake up (set an alarm for Monday-Friday) Make your bed Eat a healthy breakfast Get dressed Organise your work
9-10am	Exercise
10-11am	Academic time - using work from Teams
11am-12pm	Creative time - read, listen to music, make lunch for your family, do some gardening or painting or crafting
12-1pm	Academic time - using work from Teams
1-2pm	Lunch - spend time with your family, check in with friends- could you all have lunch on a conferencing app?
2-3pm	Academic time - using work from Teams
3-4pm	Chore time - what could you do around the house to help? What skills would be good to learn? Can you use the washing machine? Lawnmower? Iron?

Try to do complete work from each subject area over a two week period. So you could do one or two subjects a day.

We are trying to help you access Glow and Teams, so that your teachers can help you manage your work and help you if you are not sure what to do. If you do not have a device or no/poor internet – let us know and we will help get you online.