

Remote Learning Plan

Embed confidence; fuel ambition

	<p>Online Learning</p> <p>Your individual teachers will post learning activities for you to work through and they will provide you with feedback, using the Showbie platform. This may include presentations, worksheets, reading or links to specific online applications such as Hegarty maths or Seneca learning. Work on paper where you can to avoid too much screen time.</p>
	<p>Communication</p> <p>If you have any worries or concerns about the tasks set please let your teacher know through Showbie, no other student will be able to see your comments. If you need to email the school directly please use the school contact page on the website and we will get back to you. We will keep in touch with your parents/carers using text messages and email. Follow us on Twitter and watch the website for important messages.</p>
	<p>Focus on your Future</p> <p>Log in to Start, and take time to research possible careers. Lesson 1: Research a named role - produce a job advert for that role / write some advice for a student who might be considering that role (would they have to move? / what qualifications might they need? / what is the starting salary? etc) / produce a describing map with images and text. Look out for more lesson ideas over the coming days. Remember to share career stories with those around you, being at home is a great time to talk.</p>
	<p>Read & Broaden your Mind</p> <p>Every teacher has an expectation that every student will undertake daily reading activities. These can include reading fiction, and non-fiction. Commit to reading, it is a great way to escape to a different place. Many books are freely available online, just google 'free books online' and you will have access to huge numbers of classical and modern texts that you can download.</p>
	<p>Exercise Daily</p> <p>If you can go outside, then get as much fresh air as you can. Sunlight is important for vitamin D production which will help your immune system. Commit to raising your heart rate for 30 minutes per day. Exercises can be adapted for your own home and do not always require a large space or expensive equipment. YouTube is a great source of fitness material; Joe Wicks YouTube channel has a "kids" specific section as well as short work outs that are suitable for Key Stage 4 students. Exercise can be any bodyweight exercises such sit ups, press ups, star jumps and squats. Jogging, running or brisk walking are all good ways of increasing your heart rate.</p>
	<p>Be Creative</p> <p>Looking after your mental well-being is just as important as your physical health. Learn a new skill, make something, spend time drawing or writing creatively. Watch films and plays that you wouldn't usually, and listen to music. There are lots of performances available for you to enjoy online, and we will send you regular links to these. Here are some links to get you started: Go to https://www.dramaonlinelibrary.com/ to explore classic and contemporary plays. If you are interested in musicals and love Roald Dahl adaptations there are lots of activities to be found here http://uk.matildathemusical.com/schools/matilda-school-resources/</p>

Try to stick to a daily routine, follow your school timetable.

Take regular breaks from screens.

Keep in touch, we are here for you.