

**3 TOP TIPS - remember these if you can't remember all of the below!**

- Use your timetable to structure your day - do the subject that you were meant to have at that time. Monday 4th January is Week B, Monday 11th January is Week A.
- Email your teacher(s) if you have any questions or concerns about specific work.
- Your form tutor is able to support if you are having difficulties in more than one subject, so email them or respond via Google Classroom

**I don't have my own device and will struggle to get online, what should I do?**

Email your form tutor, Miss Fuwa or Mr Martin as soon as possible.

**What should I do in terms of school work?**

Follow your timetable - the work should be put on Google Classroom or will be emailed to you. If you have to share your device (laptop/phone) or have difficulties joining a Meet, please do not worry, just email your teacher (or your form teacher) to let them know.

**I cannot join a Google Meet as I don't know how to**

Not all of your teachers will have a Google Meet for every lesson. Some teachers will record parts of the lesson for you to watch at a more convenient time if needed. Try to follow the work for each period (use your timetable to structure your day) and if you have any difficulties, don't ignore them, just ask your teacher.

**What do I do if I can't find the work or do not have enough?**

Email your teacher and ask for the work or extension work.

**What if I finish the work quickly and do not hear back from my teacher?**

Choose a subject you particularly enjoy and complete a poster from your own research on a topic you have not studied in class. Do some physical exercise (perhaps a PE with Joe Wicks on [YouTube](#) and [here](#)), read a book (I read 12 over lockdown last time, challenge yourself to read 2 per week! - TAM).

**Remember:**

- Check Mr Elphick's letter on ParentPay for all links for Government advice on staying at home.
- Keep in touch with your form tutor throughout the isolation period if you need any work or advice.
- Keep in touch with your teachers to see how they would like work submitted over this period to make sure you are keeping on top of things.
- If you are unable to keep up with work, for whatever reason, then email your form tutor, Miss Fuwa or Mr Martin to make them aware.

## Wellbeing Links

If you are struggling with your Mental Health then get in contact with your Form Tutor, Miss Fuwa or Mr Martin.

These may well be useful also:

- <https://youngminds.org.uk/find-help/looking-after-yourself/>
- <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- <https://youngminds.org.uk/blog/tips-for-creating-a-routine-during-self-isolation/>
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

8:30 Period 1

9:20 Period 2

10:10 Break (30 mins)

10:40 Period 3

11:30 Period 4

12:20 Lunch (1 hour)

1:20 Period 5 (years 7, 8, 9 & 12) / Period 6 (years 10, 11 & 13)

2:10 Period 7

3:00 Finish