

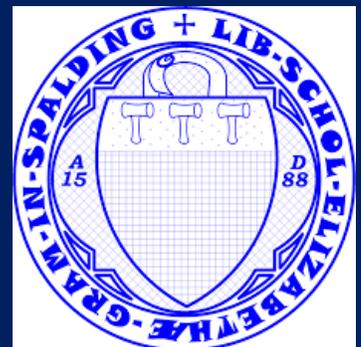


A GUIDE TO HOME STUDY

JANUARY 2021

*Guidance for students and parents to
maximise home study during School
closure*

SPALDING GRAMMAR SCHOOL



A Guide to Home Study

When absent from School for a period of time during these unprecedented times, it is normal for students, parents and staff to face a number of changes and feel a degree of uncertainty. It is really important that we learn to cope with these changes, and this guide provides ideas of how to do this in two sections:

1. 'School Time'
2. 'Leisure Time'

One of the most important changes to adapt to is the additional time you will have. For example, you will not be travelling to or from school or attending most of your hobbies (that involve social contact). Therefore, it is important to structure your time to maintain a sense of routine and control. We recommend you retrain your mindset to have 'school time' and 'social time'.

"School Time"

During a normal school day, you spend 325 minutes learning, through lessons and Tutor Times, plus additional time with homework. We want to continue your learning process as much as possible in the most familiar routine possible whilst at home, and therefore the School timetable will remain the same as normal, and teachers will run live Teams lessons. Your attendance at these lessons (and any Tutor times you are expected to attend) is compulsory.

To consider the challenges of remote learning, teachers will aim to utilise a number of teaching, learning and assessment methods, to provide variety and to (where possible) reduce screen time. Lessons will last 45 minutes, thus allowing you the last five minutes as a transition time; to have a brief respite from one lesson and refocus and prepare for the next. Lessons will finish at 3:10pm for all year groups. *Please note – all lesson start times are as per the normal school timetable.*

P1		P2		Tutor Time	Break	P3		P4	Lunch	P5		P6
08:55	09:40	09:45	10:30	10:35	11:00	11:20	12:05	12:10	12:55	13:35	14:20	14:25
–	–	–	–	–	–	–	–	–	–	–	–	–
09:40	09:45	10:30	10:35	11:00	11:20	12:05	12:10	12:55	13:35	14:20	14:25	15:10

Grey blocks = transition time

For more advice on how to access live Teams lessons, please watch this [video](#) (only available on student Microsoft accounts). For Office 356 log in support, please click [here](#). Further guidance can be found on the [School website](#).

Homework

Initially, homework will be limited to give you the opportunity to adapt to remote learning, and again limit your screen time. The initial limitations applied are as follows:

- Years 7 – 9: Time 'after school' must be spent on finishing off any work not completed during the live lessons. No additional homework will be set.
- Years 10 and 11: Time 'after school' must be spent on finishing off any work not completed during the live lessons. Additional short prep tasks (max 15 minutes) might be set where appropriate.
- Years 12 and 13: Normal homework and independent study will be set, for students to complete during their normal private study/free periods.

These homework limitations will be reviewed mid-term.

In order to make the most out of your “School Time”, we recommend you follow the guidelines below:

Get into a good routine and good habits

- Try to treat “School Time” as closely to the real thing as possible – this will take a lot of **self-discipline**
- **Set an alarm** to wake you up in the morning and carry out your usual routine before school, including breakfast, shower etc (e.g. do not keep ‘snoozing’, turn on the games console, or remain in your pyjamas for long periods)
- **Use breaks** to rest and reward yourself. Spend breaks in a different environment; move around, go outside, and ensure you eat and drink to refuel for lessons later that day.
- **Get closure** – complete all work set for each day – utilise your time after school to finish off work not completed during lessons that day – it will prevent a build up of work that may become unmanageable.
- **Motivate yourself.** Home working is a great opportunity to develop your independent learning skills.



Create the right environment

You need to dedicate a space at home that will be your learning environment (“classroom”) for the period of home study. This will really help your mindset to differentiate between work and leisure. This needs to be an area **conducive to working**, and **away from distractions**. This could be an office or another quiet area of the house. It may be useful to temporarily convert an area into your ‘classroom’ for the home study period.

Useful tips to create a positive learning environment are:

- **Remove distractions (phone, computer, TV etc)** – whilst working have devices in a different room – would they distract you during lessons in school? This will improve your focus and concentration.
- Plenty of **water** to keep you hydrated and energised during your time at home – brain usage burns energy!
- Comfortable **desk and chair**
- Good **light** and comfortable **temperature**
- **Full stationery kit** to hand to avoid you needing to search for resources during precious lesson time
- **Storage** to keep your space tidy and decluttering of items that are not useful



Eat and drink well

Like in School, studying at home burns energy. Therefore, ensure you consume a good diet to fuel your “School Time”:

- Eat a **balanced diet**, including fresh fruit and vegetables
- Drink plenty of **water**
- Limit junk food or empty calories (food that does not fill you up)



“Leisure Time”

Your leisure time during this period will also be different to normal. Leisure time should only begin when you have achieved ‘closure’ from your day’s work (i.e. finished off any work not completed during lessons that day). You must also consider when you build homework into your leisure time; some students prefer to do it straight away, others after a leisure break.

Depending on Government guidelines (which we recommend you check regularly and follow), there may be limitations on what you can do with your leisure time (for example, your local clubs are likely to be closed).

Looking after your health

Health is divided into three categories:

- **Mental Health:** your mood, confidence and mindset
- **Social Health:** your interaction and relationships with others
- **Physical Health:** your body’s physical systems

In your normal lifestyle, you are likely to undertake activities that help maintain or improve your health. However, the current situation may limit these. Despite the limitations, it is possible to find ways of adapting your leisure time. Here are some guidelines and suggestions.



Mental Health	Social Health	Physical Health
<p>Stay in control - the current situation is beyond your control, but you CAN control what you do in your leisure time</p> <p>Stay optimistic – the current situation will end at some stage, and you will be ‘back to normal’!</p> <p>Keep occupied – stimulate your brain (ideas below) in order to keep your mood and spirits high</p>	<p>Communicate – ensure you maintain communication with people. Ideally in person, but if not possible, use technology</p> <p>Face-to-face? – where possible, make this contact visual, audio, or both (even via technology) rather than just by text</p> <p>Deepen relationships – take this opportunity to improve your relationships with those you are home with</p>	<p>Exercise – perform exercises that raise your heart rate and muscular activity, even if different to what you are used to (ideas below)</p> <p>Nutrition - If you are doing less physical exercise than normal, limit your food intake accordingly</p> <p>Sleep – maintain normal bed times and get at least 8 hours quality sleep. Avoid laying in</p>
<p>Change scenery – where possible, change your environment; go into different rooms or outside</p>		

Keeping occupied

Occupying your time with constructive or stimulating activities maintains good mental health. Use this time as an opportunity to partake in the following:

Draw, paint or perform other art	Read a book, magazine or news article	Listen to music	Research a new topic (non-school related)
Play a musical instrument	Play games (not just computer games)	Undertake creative writing	Undertake DIY around the house
Cook or prepare meals	Help others with something	Exercise	Help with household chores

This time is also an excellent opportunity to **try new things** – perhaps some of these you have never done in your leisure time – is now the chance to start them to **learn a new skill**?

Exercise

Although your normal methods of exercise may be limited, there a range of activities that will provide you with health benefits. Keep your step count up to its normal amount by keeping active, perhaps by going for a walk (ensuring you meet Government guidelines).

General health guidelines suggest that moderate-intensity exercise should be undertaken for at least 30 minutes, twice per week. Moderate-intensity exercise raises your heart rate and makes you breathe faster and feel warmer (one way to tell if you are working at a moderate intensity level is if you can still talk, but not sing).

Here are some ideas for exercise:

Jogging, running or cycling	Online workouts (e.g. www.fitnessblender.com , https://www.youtube.com/user/thebodycoach1)
Yoga, pilates or body balance	Circuit training
Core strength exercises	Dancing

**please continue to check and adhere to Government guidelines if looking to undertake exercise beyond your home*

Click on the links below for more advice:

Physical activity guidelines:

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/?tabname=exercise-tips>

Importance of keeping active:

<https://www.nhs.uk/live-well/exercise/why-sitting-too-much-is-bad-for-us/>

Ideas for exercises that can be done without equipment:

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>



Wellbeing

It is important to support your wellbeing during this time. Below is an extract from your planner on Wellbeing support, all of which applies during your period of Home Study.

My Wellbeing

Section 4:
Useful School Information

Mental wellbeing is just as important as physical and social wellbeing, and maintaining all three is an important part of staying fit and healthy, both in and out of school.

Keep physically active

Regular exercise that you enjoy can be very effective in lifting your mood and increasing your energy levels.

Get a good night's sleep

Research has shown that there is a link between wellbeing and sleep. If you are struggling to sleep try to relax.

Take time to relax

It is important to make time for yourself and to relax. Learn a relaxation technique, such as mindfulness or yoga.

Eat well

A healthy diet will help you think more positively and clearly, give you more energy and help you be calmer.

Do something you enjoy

This will improve your confidence. Creative activities can help you deal with emotions in a positive way.

Talk about how you feel

Talking to someone will make you feel much better. It may be hard at first but will become easier with time.

Set yourself a challenge

This need not be huge, but it should have meaning for you. You will feel satisfied and more positive when you achieve your goal.

Build and maintain positive friendships

Spending time around positive and supportive people improves self-image and confidence to face difficult times.

Identify mood triggers

Tracking your moods in a diary can help identify what changes your mood, and what methods to use to deal with these.

Contacts

If you are concerned about anything at all or have queries, help is on hand. You should speak to your parents initially, but if you want further advice, then try the following:

- Work-based issues – contact your subject teacher via email
- Broader wellbeing issues – contact SGSwellbeing@spaldinggrammar.lincs.sch.uk

You can also seek support by accessing the recommend support groups below:

Childline	www.childline.org.uk	0800 1111
Kooth	www.kooth.com	
Mind	www.mind.org.uk	0300 123 3393
NSPCC	www.nspcc.org.uk	0808 800 5000
SHOUT	www.giveusashout.org	Text SHOUT 85258
Young Minds	www.youngminds.org.uk	