

STUDENT REMOTE LEARNING TOP TIPS

LEARNING

HOW SHOULD I MANAGE MY TIME?

- TIME KEEPING
- LITTLE LUXURIES
- TAKE A BREAK

Set yourself alarms that correspond with your school timetable. This way you can make sure you're on time for each live lesson. You don't want to miss out on valuable information!

Get yourself comfy, get your favourite snacks and drinks at the ready and create your ideal learning environment.

Take regular breaks as you would at school. Give yourself your normal lunch break so your brain can have a rest and you can refuel.

KEEP TO A ROUTINE

As you would if you were in school, keep to a good routine. Get up, showered, dressed and have breakfast in time for your first lesson.

TIDY WORK AREA

Make yourself a tidy work area, away from where you would normally relax so you can separate school and relaxation time.

BE PREPARED

Have pen, paper and all resources ready to go as you normally would when you enter a lesson. Make sure you visit the loo before the lesson begins!

ENVIRONMENT:

make sure there are no distractions around you; phones, TVs, music, Playstations etc, keep focused on your learning during the lesson. Have a drink and a snack to hand so you don't need to disappear off.

ORGANISATION:

it's important to have a safe and quiet space that you can work in. Have a pen, pencil and paper to hand and get the books out that you need for that lesson- if you have them. Make a timetable for the week and plan in school work, homework and other activities.

PHYSICAL HEALTH:

Get active during the day- it's a good idea to get up and do something before school starts, but if that's too hard, get your heart rate up at lunchtime or after school- see the PE Dept competitions!

MENTAL HEALTH:

make sure you have a break and stop working at 3.15pm. Plan when you will do your homework. Arrange to phone a friend and talk to your parents/ carers. Make time for hobbies; drawing, baking, playing online games. Fresh air is vital- even if it's raining!

REWARDS:

Do give yourself a break during the 'school' day and have something to look forward to at 3.15pm. E.g your favourite snack, a call with your friends, a walk, some baking are a few things you can look forward to

