

## Parent information regarding working from home after Easter holidays

**Change:** working on a 5-hour timetable does not fit in with how home-schooling is done, and feedback from students and parents tells us this is proving challenging and stressful. In response, we are moving to a more flexible structure, with 4 'sessions' each day. These sessions should be no longer than an hour, and some will be shorter. You will need to find ways of working with this that are manageable for your household, and if you need further support please get in touch.

**Physical activity/exercise should be encouraged every day**, and there is plenty of choice in terms of what young people can do. We all should be physically active every day, as this helps to relieve stress, anxiety as well as building strong bones, muscles, heart and immune system. Government guidance is for 60 minutes physical activity every day, so please ensure your child gets some exercise every day.

**Planning and reflection time** is important, to set goals for each week and see how things have gone at the end.

**Contact from teachers** will mainly be via the noticeboards on Frog, with email serving as a follow-up where necessary. Teachers will not be online at all times, and we will respond to questions at the earliest opportunity. It is important that your child does her best to keep up with the work set.

**Personal development** sessions should include **Journal activities**, time for **planning and reflection** on progress being made with home-schooling, **contact** with school/other support and also **ongoing projects**. These projects could include growing a plant, creating a personal journal on a topic of interest, learning how to cook, using podcasts to find out more about the world, writing letters to family or friends and so on. Due to the nature of these projects, the time spent on them will also vary, and more instructions will be posted on Frog after Easter. **Physical activity** can also take place in these sessions – remembering it influences our mindset and mental well-being.

### Structure for years 7, 8 and 9

	Session 1	Session 2	Session 3	Session 4
<b>Monday</b>	Personal development	Maths	Humanities	Science
<b>Tuesday</b>	English	ADT	MFL	Personal development
<b>Wednesday</b>	Science	Personal development	Performing Arts	Maths
<b>Thursday</b>	Humanities	Science	Personal development	English
<b>Friday</b>	Personal development	English	Maths	ICT/Computing

### Structure for years 10 and 11

	Session 1	Session 2	Session 3	Session 4
<b>Monday</b>	English	Personal development	Maths	Option A*
<b>Tuesday</b>	Science	Option B*	Personal development	Option C
<b>Wednesday</b>	Maths	Option C	English	Personal development**
<b>Thursday</b>	Personal development	English	Option A	Science
<b>Friday</b>	Option B	Science	Personal development	Maths

\*For students' clarity, Option A is the first option on your timetable, Option B is the next one and so on.

\*\*Y10 students will also be expected to complete one 'session' for RE every fortnight. Work will be set via Frog as for all other subjects.