

## **School closure – working from home – Top Tips**

### **Q How do I organise my time?**

- To help organise your time – follow your ‘normal’ school timetable and complete work set for a particular subject when you would normally have that lesson.
- Get up at your usual time or at the same time every day
- Get showered and dressed

### **Q What should I do about breaks & lunchtime?**

- Have a break and lunchtime at the times you would at school. Contact your friends at break & lunchtimes.

### **Q What should I do if I have a PE lesson?**

- Do some exercise when you would have PE lessons – it is important to stay active – this could be a walk/run, an activity in the garden or a fitness session online – be creative!

### **Q What if I get stuck and I don’t understand the work?**

- If you are stuck with anything- don’t panic- ask friends and share resources, email your teacher, use the many support and revision websites available to you. Always try to have a go and don’t worry about getting it wrong.
- Remember – school is still open and teachers are still checking their emails – you are not alone!

### **Q Do I need to send work into my teachers?**

- Your teachers will be able to contact you through the School email and they will give you all the information you need for each subject.

### **Q What if I don’t have access to a computer or the Internet?**

- Your teachers will be giving you some work and instructions on paper. Much of your work will be book based as well.

### **Q How do I stay motivated?**

- Get up at your usual time or at the same time every day
- Get showered and dressed
- Have a nutritious breakfast
- Follow your ‘normal’ timetable

### **Q What if I have completed the work set and I am supposed to be doing a particular subject?**

- You can always read over notes/work you have done. You could search the internet for related issues/topics/questions.
- You could use the time to complete other work you know you will not finish.

### **Q What if I get lonely?**

- Keep in contact with your friends – take advantage of the fact that you can have your phone with you at all times!
- Take up a new hobby – making/baking – get creative!

### **Q What if I get worried or scared when at home?**

- Make sure you have contact details for your parents/carers
- Make sure you have read the information given to you by your form tutor – it’s also on the School website

