



Bowland High

Tradition, Care and Challenge

Learning at home



Student Guide



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KNOWledge
is POWER 

Dear Student,

Bowland High has had to close due to the spread of COVID 19, which is also called Coronavirus.

We do not know yet when school will be open again. The closure means that you will need to spend time at home, with your family and take responsibility for your own learning.

We know that this may be a very upsetting time for you. It is important that you stay positive and that you follow the daily advice that is being issued by the Government. If you want good and accurate advice you should watch the BBC news, or listen to the news on the radio once a day.

This **Learning from Home** guide will help you stay organised and help stop you getting bored during your time at home.

Your teachers will be working to support you, we are very fortunate as a school that we have Show My Homework – a platform on which all your lessons and learning can be set and posted. We also have Microsoft Teams which some of your teachers will be using to set work. If you have any questions about the work set, remember you can message your teacher directly. They may take a day to reply but you will receive an answer to your question.

Teachers will expect you to complete the work to the **best of your ability** by the deadline they set. When possible, you will receive feedback on the work you complete, depending on the nature of the work set. Parents/carers will be contacted by school if pupils are either; not completing work or are completing work to an exceptional quality.

As well as studying, you should try to stay healthy and fit. We have given you information about how to do this too, even if you are stuck indoors.

Most importantly, take care and we'll see you soon.



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A successful day of home learning should include the following:

- 30 to 60 minutes of exercise
- Regular reading
- At least 2 to 3 hours of academic learning
- Three healthy meals per day
- Regular breaks (especially when working at a computer)

A typical home learning day **might** look something like this:

Time	Activity
8.00am – 9.00am	Eat a healthy breakfast Watch BBC News Socialise with family
9.00am - 10.00am	Exercise
10.00am - 11.00am	English/History
11.00am - 11.30am	Study Break
11.30am - 12.30pm	Maths/Geography
12.30pm - 1.30pm	Eat a healthy lunch Study Break
1.30 - 2.30pm	Other subjects (you should complete work for all subjects)
2.30 – 3.00pm	Reading
3.00pm onwards	Socialise with family Hobbies / activities Eat a healthy evening dinner

Don't be tempted to sleep in... this is not the holidays and sticking to a routine is important for health and wellbeing.

Download a workout app on your phone or take part in Joe Wick's routine on YouTube.

Log on to Show My Homework to get the lessons and resources you need.

Take time to read, it is so important to do a variety of things that will stimulate your brain and help you stay on top of your learning



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What not to do...

- Try to avoid spending too much time on social media.
- It is not healthy to spend all day staring at a screen so avoid watching too much TV, playing on your phone or other electrical devices.
- Don't stay in one place... moving around is important so even if that means running up and down the stairs or dancing along to your favourite tunes – it's important that you move
- If possible, don't be tempted to work from the sofa or bed all day long – you need to know the difference between work and rest so try to separate your space accordingly.
- Don't only work on your favourite subject... this is not helpful, and it means that you will not provide yourself with a good variety of learning. Study ALL subjects.
- Most importantly – you need to have a plan! Don't let yourself fall into poor routines. Design yourself a little plan each day or you could try to stick to your timetable from school. That way, you'll know that you are covering everything that you need.