

Alsop Home Learning

Parent and Student Information Guide

A guide for parents and students about supporting your child with home learning now that the school is operating in a different way. The guidance in this booklet will help you stay on track with your learning whilst you are at home. It is very important that you continue to learn during this time so that you do not fall behind in your education. It is very difficult to catch up in learning once you fall behind.

General Advice

The Home Learning experience may be challenging, but it is important that you encourage your child to complete the work and support them in their daily activities.

Tips on Supporting Home Learning

- Expect to do some learning every day.
- Continuing with learning helps promote a sense of normality and purpose as well as keeping up to date for the return to school.
- Keep the work, either electronically or on paper to have a record of what's been done.
- Give praise if you feel the work is good, or you tried really hard to complete it.
- Opportunities to interact with friends remotely will be important and technology provides lots of opportunities to connect, chat and game together
- Be wary of giving unsupervised access to platforms that you would not normally allow; the internet still poses the same risks as in normal times.
- Balance screen time with other activities.
- Learn new skills that don't involve screens.
- Help around the house!
- Set goals
- Have a say in what will be happening - a lot of freedoms and choices will be removed for a while and this may lead to feeling powerless or frustrated.
- Understand the risks we face and keep talking.

Structure the Home Learning Day

Home Learning will be best supported if you try to establish a structured approach at home to facilitate it. Not everyone will want a timetable, but it can help, while you're setting up a routine and encouraging good study habits. Consider

- Try to keep to a structure and routine that suits you.
- Keep bedtime and morning routines close to existing ones to promote a sense of normality.
- Get up and get dressed during the week to help maintain some difference between weekdays and weekends.
- Keep boundaries and expectations clear this helps in times of uncertainty.
- Take some time to burn off energy every day
- Punctuate the day with significant breaks, one mid-morning and the other at lunch time.
- Consider a similar timeframe to school: two lessons, break, one lesson, reading, two lessons.
- School timetables help as they outline what could be done each day to inform home study.

Below is an exemplar timetable and a blank timetable grid that you may wish to use.

Timetable

Get Ready for the Day	Wake up, have breakfast, have a wash, get dressed
8.45 Lesson One	See individual year group timetable for subject
9.45 Lesson Two	See individual year group timetable for subject
10.45 Get active!	Get up and get moving, open some windows for fresh air, do an exercise video or find a workout on YouTube such as yoga, circuit training etc.
11.15 Lesson Three	See individual year group timetable for subject
12. 15 Lunchtime	Healthy lunch and keep hydrated
12.45 Reading	Read a book, read the news online, read an article – read anything just read!!
1.15 Lesson Four	See individual year group timetable for subject
2.15 Lesson Five	See individual year group timetable for subject
3.15 Personal time	Listening to music, start a new hobby- learn a new language, teach yourself to type, gaming, social media socialising
Evening	Throughout the evening help around the house Support younger siblings Watch the news

Year 7 & Year 8		Mon	Tue	Wed	Thur	Fri
Lesson 1	1 hour	Maths	Maths	Maths	Maths	Spanish
Lesson 2	1 hour	English	English	English	English	Art
Lesson 3	1 hour	Science	Science	Science	Science	Tech
Reading	30mins	Reading	Reading	Reading	Reading	Reading
Lesson 4	1 hour	Computing	History	Geography	History	Geography
Lesson 5	1 hour	Spanish	Perf Arts	Music	Get Active	Get Active

Year 9		Day 1	Day 2	Day 3	Day 4	Day 5
Lesson 1	1 hour	Maths	Maths	Maths	Maths	Maths
Lesson 2	1 hour	English	English	English	English	English
Lesson 3	1 hour	Science	Science	Science	Science	Science
Reading	30mins	Reading	Reading	Reading	Reading	Reading
Lesson 4	1 hour	Computing	Option 1	Computing	Option 1	Option 3
Lesson 5	1 hour	Option 2	Option 3	Option 2	Reading	Get Active

Option 1:

Art (HLS, ELA)
Business Studies (TMU)
Construction (DCR)
Drama (KME)
Geography (RBY)
Health and Social Care (KAB)
Music (SPA)
Photography (ZTM)
Sport (JWB)
History (EKH, CMC)

Option 2:

Construction (SSH)
Geography (KRE, FRU)
History (LED, CMC)
Photography (ZTM)
Spanish (RML, MRM, NCA, ANR)

Option 3:

Art (JCO, PLA)
Business Studies (PWB)
Design Technology (JBW)
Geography (FRU, RBY)
History (PTB, KWI)
Sport (BET, CHO)
H&S Care (SKI, NLB)
Construction (CCU)
Hospitality (JBW)

Year 10 & Year 11		Day 1	Day 2	Day 3	Day 4	Day 5
Lesson 1	1 hour	Maths	Maths	Maths	Maths	Maths
Lesson 2	1 hour	English	English	English	English	English
Lesson 3	1 hour	Science	Science	Science	Science	Science
Reading	30mins	Reading	Reading	Reading	Reading	Reading
Lesson 4	1 hour	Option 4	Option 1	Option 4	Option 1	Option 3
Lesson 5	1 hour	Option 2	Option 3	Option 2	Reading	Get Active

Year 10 Options

Option 1:

Art (PLA)
Computing (ADO, TMU)
History (EKH, LED)
Hospitality (JBW)
Geography (KRE)
Health and Social Care (SKI)
Spanish (NCA)
Photography (THB)
Sport (CLF)

Option 2:

Construction (DCR)
Geography (KRE)
History (KWI)
Photography (THB)
Spanish (ANR)
Sport (SGR)
Health and Social Care (SHR)
Art (KAT)
Computing (SAR)
Drama (MCR, KME)
Hospitality (TEP)
Design Technology (CCU)

Option 3:

Art (JCO)
Hospitality (JBW)
Design Technology (SSH)
Geography (RBY)
History (KWI)
Computing (LJR, KLB)
Construction (DCR)
Health and Social Care (KAB)
Music (EMP)
Spanish (ANR)
Sport (CHO)

Option 4:

Art (ELA)
Construction (CCU)
Computing (BAW, LJR)
Design Technology (SSH)
Geography (FRU)
History (KWI, EKH)
Hospitality (TEP)
Health and Social Care (KAB)
Music (EMP)
Photography (THB, BJM)

Year 11 Options

Option 1:

Spanish (RML, CAA)
Geography (RBY, FRU)
History (CMC)

Option 2:

Spanish (CAA, RML, NCA, ANR)
Geography (KRE)
History (LED, SMO)

Option 3:

Art (ELA)
Food (JBW)
Design Technology (SSH)
Geography (FRU)
History (SMO)
Computing (LJR, TMU, BAW)
Construction (CCU)
Health & Social Care (MFP, NLB)
Music (EMP)
Spanish (ANR)
Sport (SGR)
Photography (BJM)

Option 4:

Art (PLA)
Construction (CCU)
Computing (ADO, SAR)
Design Technology (DCR)
Geography (RBY, KRE)
History (LED)
Hospitality (TEP)
Health & Social Care (NLB)
Drama (MCR)
Photography (THB)
Dance (KME)

KS5 Timetable		Day 1	Day 2	Day 3	Day 4	Day 5
Lesson 1	1 hour	Option 1	Rev/Cwk	Option 2	Option 3	Option 4
Lesson 2	1 hour	Option 2	Option 1	Option 3	Option 4	Rev/Cwk
Lesson 3	1 hour	Option 3	Option 2	Option 4	Option 2	Option 1
Reading	30mins	Reading	Reading	Reading	Reading	Reading
Lesson 4	1 hour	Option 4	Option 3	Option 1	Rev/Cwk	Option 2
Lesson 5	1 hour	Rev/Cwk	Option 4	Rev/Cwk	Option 1	Option 3

Year 12 Options

Option 1:

Chemistry
History
Film Studies
Photography
Health (Double)
Sport (Double)

Option 2:

English Literature
Maths
Health (Double)
Sport (Double)
Games Design
Hospitality

Option 3:

Physics
Music
Photography
ICT
Health (Single)

Option 4:

Art
Biology
Business Studies
ICT
Sport (Single)

Year 13 Options

Option 1:	Option 2:	Option 3:	Option 4:
Chemistry	English Literature	Physics	Art
History	Maths	English Literature	Biology
Computer Science	Health (Double)	Photography	Business Studies
Film Studies	Sport (Double)	ICT	ICT
Health (Double)	Games Design	Health (Single)	Sport (Single)
Sport (Double)	Film Studies		Spanish

Making the Home Learning Experience Easier

Think about some basic resources that will make the experience of Home Learning easier. These could include:

- Somewhere to work depending on your space and approach
- Get equipped: pens, pencils, colouring pens a ruler, paper, scissors, glue etc
- Access to the internet e.g. tablet, computer, phone
- Somewhere to store work

Taking Care of Yourself

There is a lot of uncertainty and worry around the current COVID-19 outbreak. It is important to not only consider academic study but also to pay attention to physical and mental health and wellbeing. It is normal to feel worried, stressed and anxious when we are faced with uncertain situations, but there are things we can do to better equip ourselves to cope with the situation we're having to face.

5 Ways to Wellbeing' (developed by NEF) mind.org.uk

BE ACTIVE Try to make sure that you and your family get regular exercise every day. YouTube has lots of exercise videos. Get younger children involved in planning their own 'indoor PE'. If current government advice permits, try to get outside once a day either into your garden if you have one or in a place where there are limited people. If you can't go out, open the windows for some fresh air and take some time to look at the world outside.

TAKE NOTICE Take a break from the news and social media and concentrate on what's happening in the here and now in your family. Notice and appreciate the small things. Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing. There's lots of good mindfulness apps to try, but if that's not for you, just getting into something you enjoy e.g. cooking, drawing etc and really focussing on it can be just as good.

CONNECT Social connection is an important way that we can look after our mental wellbeing. Social distancing is going to make that trickier, but we're lucky enough to have technology to help us out. Think physical distancing, but social connections. Social media is great, but if you can, try to have phone calls or even video calls. Arrange to Facetime/Skype a friend, phone relatives more often than usual. Whilst it can be helpful to share worries, try to find other things to talk about too.

GIVE Research tells us that giving back to our community helps people to feel valuable and makes us happier. We might not be able to contribute to our community in our usual way, but many people will still be able to find ways to give back. Lots of community groups are setting up schemes that aim to help vulnerable people at this difficult time. If you want to get involved, check out local social media for ideas. Many of us will not be in a position to offer practical support. We can still offer mutual support to friends and family by checking in with them regularly.

KEEP LEARNING Learning a new skill or honing an existing one gives us a sense of purpose and achievement. Whilst we're busy learning, we're less likely to experience anxious thoughts and worries. Social distancing will bring new challenges, but it will give many of us the time to start a new hobby or learn about an area that we've always been interested in.

These are unprecedented times and we thank you for your support and understanding in continuing the learning experience for our school community. Please monitor the website for the latest information and any further updates. Take care of yourselves and thank you for all that you are doing to support us to support your child.

Useful Resources for Mental Wellbeing

Don't call me crazy BBC <http://www.bbc.co.uk/programmes/p01b86w5>

Depression http://www.mind.org.uk/blog/8784_depression_the_enemy_within

Mental wellbeing <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mentalwellbeing.aspx>

Anxiety http://www.mind.org.uk/blog/8509_when_anxiety_kicks_in · Young minds
<http://www.youngminds.org.uk/>

Sources of Support

General – for parents

Samaritans Call 116 123 <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Mind UK <https://www.mind.org.uk/> <https://www.mind.org.uk/information-support/support-community-elfriends/>

UK Mental Health Charity with information and an online mutual support community

General – for young people

www.kooth.com www.youngminds.org.uk

www.keep-your-head.com

Parenting pressures

Family Action Telephone: 0808 802 6666 Text: 07537 404 282

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

Family Lives (previously Parentline) Call: 0808 800 2222

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

Gingerbread Single Parent Helpline: 0808 802 0925

gingerbread.org.uk

One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

Grandparents Plus Call: 0300 123 7015

grandparentsplus.org.uk

Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.

Additional Resources

Useful resources to support Personal Social Health Education study

Talk to frank: http://www.talktofrank.com/?&gclid=CJehuJGM77MCFW_KtAodyVoAAw

Hope UK: <http://www.hopeuk.org/>

Drink aware: <http://www.drinkaware.co.uk/>

Quit smoking: <http://www.quitbecause.org.uk/>

Drug free world: <http://www.drugfreeworld.org/>

General/all subjects

<https://www.senecalearning.com/>

<https://www.bbc.co.uk/bitesize>

<https://www.bbc.co.uk/teach>

TedEd and Tedtalks

Helpful resources for talking to children about Coronavirus

Covibook <https://www.mindheart.co/descargables> A short book about Coronavirus for young children under 7

Newsround video

<https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjjpx6YqoetuZ1tP16y7wMjUR6uwgWyhRmf0aFTrAs>

Drs Chris and Xand explain what's happening

Resources for children and young people with additional needs:

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-PrintableUpdated-2-The-Autism-Educator-.pdf>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-theCoronavirus.pdf>

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

contains a link to the most up to date version of their "Easy Read" for young people and adults with learning difficulties

Additional Learning Resources

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV license required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca

<https://www.senecalearning.com>

For those studying at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University, but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.