
Studying at home

This booklet has been designed to support you as you learn at home.



**Wickersley School and
Sports College**

Keeping motivated



Set yourself goals each day.



Work towards completing a task.



Ask those around you to get involved in your learning.



Keep in touch with others who are in the same situation.

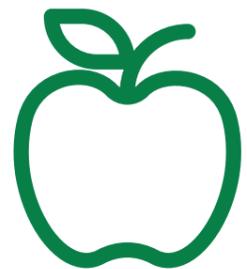


20 minutes a day of any physical activity can create a positive mental attitude.

Staying focused



For every 50 to 60 minutes of study time, plan a 10 to 15-minute break.



When taking a break, get a healthy snack for an energy boost, be active and take a short walk, or listen to music.



Schedule time for additional learning when you are at your most focused and alert. For example, you might find that you retain more information during the morning.

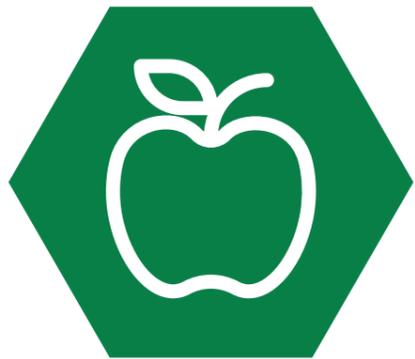
Rewarding yourself



Having a cup of tea or coffee.



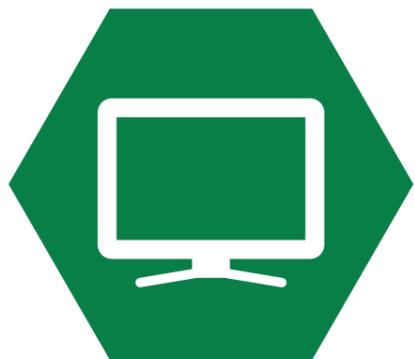
Chatting to friends online during your breaks.



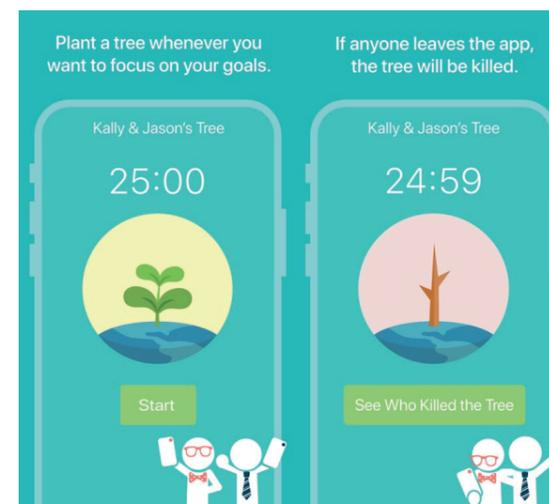
Eating your favourite healthy snacks.



Reading a chapter from your favourite book.



Watching television during your breaks.



Flora - Focus Habit Tracker

It's important to take breaks and reward yourself for your hard work. There are also apps that help you put your phone down and reward you for remaining focused.

[DOWNLOAD](#)

Planning your time



Think about your learning style

do you prefer to work in short bursts or over longer periods?



Plan how much time you need for the work set in each subject.



Evaluate your plan every few days

is it still working and keeping you busy?

Creating the perfect working environment

The infographic consists of ten hexagonal icons arranged in two rows of five. Each icon is split horizontally into two sections: a top section with a white icon on a dark green background, and a bottom section with white text on a light grey background.

- Tip 1:**  **Get started early**
Pretend you are going to school (try not to stay in your pjs!).
- Tip 2:**  **Choose a workspace that is comfortable.**
- Tip 3:**  **Take regular breaks!**
- Tip 4:**  **Follow a structured day**
(see diary planner).
- Tip 5:**  **Try to work in a cool, bright space.**
- Tip 6:**  **Limit your social media time**
(use it as a reward!).
- Tip 7:**  **Have a quiet space with few distractions.**
- Tip 8:**  **Aim to sit at a desk in a comfortable chair.**

My Weekly Planner

We've put some examples in, but feel free to add in your own!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home Learning	Maths focus: Complete set tasks/carry out an online quiz	English focus: Complete set tasks/carry out an online quiz	Creative day: Work on an art project / design idea	Subject selection: Complete set tasks or quizzes for another subject	Subject selection: Complete set tasks or quizzes for another subject	Spend time with family Watch a film Read a book Sleep and relax	Go for a walk Do some yoga Bake a cake Sleep and relax
Activities	Going outside for a walk or run	Watching an episode from a series	Read a chapter from your favourite book	Do some general tidying – maybe your room!	Going outside for a walk or run		

If you are practising knowledge recall, here are some top tips:



Reward yourself

In between sessions, eat your favourite (healthy) snack and watch a bit of TV.



Pause

Go for a walk, or just sit outside for some fresh air.



Eat, sleep & exercise well

For your mind and body to perform at their best, you need to take care of yourself. Make sure that you get enough sleep, eat and drink well, and get regular exercise.



Believe in yourself

When we're faced with new challenges, we often forget about how far we've come and how much we've already learned. Try to replace worries with positive and proud thoughts.



Time away from learning

Make a hot drink, but don't take it back to your desk with you. Drink it away from your workspace and try to relax.



Don't go it alone

Have a chat with someone that is also practising knowledge recall – you can give each other support and study ideas.

Feeling anxious or worried?

Speak to someone about it.

There's plenty of advice out there about how to manage anxiety and exam stress.

You could try visiting these websites:

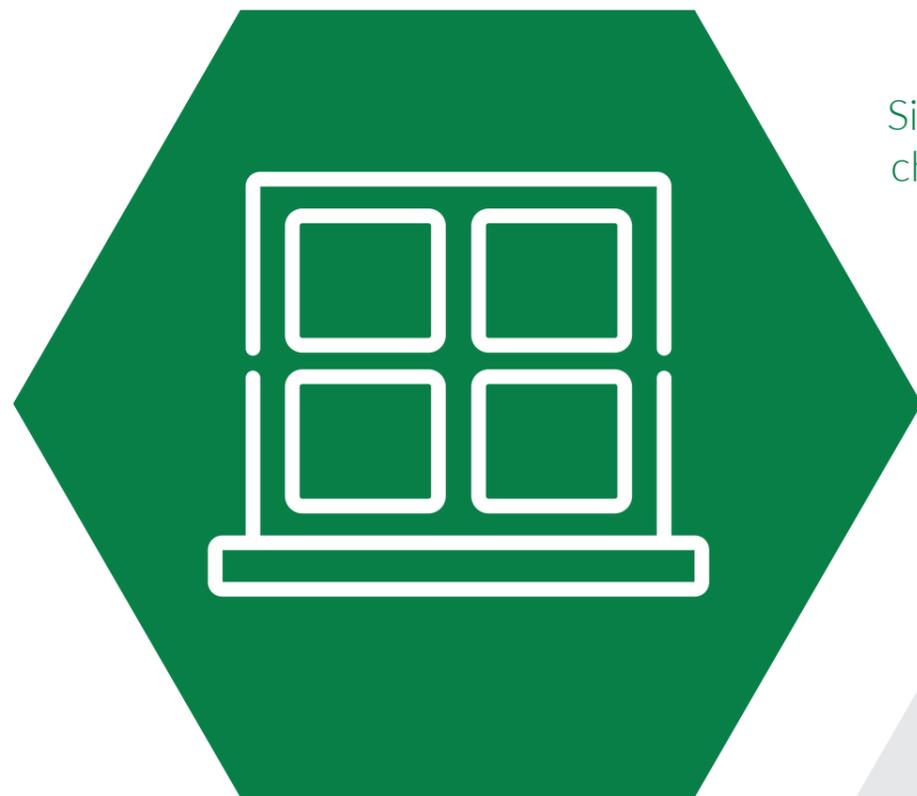
BBC Learning
The Mind Set

[Visit Site](#)

Youngminds

[Visit Site](#)

Setting up your learning area



Natural lighting

Try putting your desk in front of a window – natural light helps constrict your pupils which helps the reading ability of your eyes.

Sitting to study

Sitting for too long or using an uncomfortable chair can sometimes lead to health problems.

It's important to find a chair that you feel comfortable in and doesn't slouch or have to reach too high to the desk or table.



Clear study space

If your workspace is messy, this can have a negative impact on your work and motivation. Having a cluttered desk or table can slow you down and make you feel overwhelmed.

Looking after your mental health



Talk about your feelings

This isn't a sign of weakness, it's part of staying healthy.

Keep active

Regular exercise can help you concentrate, sleep and feel better.

Keep in touch

Try not to isolate yourself, catch up with friends on the phone or spend time with your family.



Ask for help

We all sometimes get tired or feel overwhelmed. If things are getting too much for you, ask for help.

Take a break

A change of scene is good for your mental health. It could be as simple as a five-minute walk around the garden!

Eat well

Your brain needs lots of different vitamins and minerals to stay healthy and function well.



Foods to boost your brain

Many foods can help keep your brain healthy.

Some foods, such as fruits and vegetables, as well as tea and coffee, have antioxidants that help protect your brain from damage. Others, such as nuts and eggs, contain nutrients that support memory and brain development.

Fruits and berries

Apples are high in fibre and vitamin C. They make the perfect snack if you are hungry between meals. Strawberries are highly nutritious and low in both carbs and calories.

Nuts and seeds

Almonds are loaded with vitamin E, antioxidants and fibre.

Vegetables

Carrots are full of fibre and vitamin K and make a quick, preparation-free snack. Broccoli contains a decent amount of protein compared to other vegetables. Potatoes are loaded with potassium and contain a little bit of almost every nutrient you need, including vitamin C.

Online support for mental health

To help support you and your mental health, Headspace is offering free meditations for sleep and movement exercises to help support a positive mood.

www.headspace.com/covid-19

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www.nhs.uk/oneyou/every-mind-matters

Headspace
Covid-19

Visit Site

Every Mind
Matters

Visit Site

Useful links

Videos, online assessments, independent learning, printable worksheets and more.

vle.mathswatch.co.uk

Activities, quizzes and tests for all subjects (worksheets also available for download).

www.senecalearning.com

Short videos, clips and activities to test knowledge in a variety of subjects.

www.bbc.co.uk/bitesize

Thousands of interactive quizzes to take part in, testing knowledge in a wide range of topics and subjects.

www.kahoot.com

Interesting documentaries to keep you busy...

Journey to the Edge of the Universe – YouTube

Planet Earth / Planet Earth 2 – Netflix

Blue Planet – Netflix / BBC iPlayer

World War 2 in Colour (2009) – Netflix

Natural World (various episodes) – BBC iPlayer

Civilisations – BBC iPlayer

Digging for Britain – BBC iPlayer

The Secret Life of Books – BBC iPlayer

Earth from Space - BBC iPlayer

Advice for parents

Regardless of your child's age, it is important to have a schedule for them during their additional time at home. Educators recommend providing structure to each day by allocating time to different activities and sticking to this on a day-to-day basis.

Home learning doesn't mean that you have to be the teacher. Use the things available to you, such as work sent by the school or the many online free resources.

Try to fit exercise into the daily routine. If outdoor activity isn't an option, there are many workouts or yoga classes for young people available on websites such as YouTube.

Your child will still need to socialise with their friends and peers. If this is not something they can do face to face, then it is important to allow them time to chat to friends on things like Facetime for example. If you are concerned about their time spent online, the following organisations can provide useful advice.

If you have any concerns about your child's well-being whilst the school is closed, please contact the following staff or agencies:

Julie Betteridge - Safeguarding Lead
jbetteridge@wickersley.net

Fiona Fulton - School Counsellor
ffulton@wickersley.net

Rotherham Children's Social Care
01709 382 121

Student Support
_SDP@wickersley.net

CEOP

www.ceop.police.uk/safety-centre

The Children's Commissioner 'Digital 5 a Day'

www.childrenscommissioner.gov.uk/our-work/digital/5-a-day

Net Aware NSPCC

www.net-aware.org.uk

NSPCC Online Safety Helpline

0808 800 5002

My Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Home Learning

Activities



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