

## A Student Guide to Distance Learning

### Why is it important that I continue learning?

- Having a routine will keep you healthy, active and safe
- Going without any sort of learning for several months could be detrimental to your futures, so make sure you engage in as much as you can
- If you are in Years 7 – 10, or in Year 12, assessments and exams will still be going ahead next year and we will make sure you're ready!
- If you're not missing us already, you soon will be, but don't worry, there will be contact from your teachers every school day
- Your job is to give everything a go; our job will be to make sure you've understood it when we're back in school. For us to do this well, you need to have tried.

Happy Learning Newquay Tretherras!

### What do I have to do?

As a minimum expectation (we know you can do more than this!) you should be working for:

Years 7 & 8: 1- 2 hours a working school day

Years 9, 10 and 11: 2-3 hours a working school day

Years 12 and 13: 3-5 hours a working school day

- Know your login for ClassCharts: email [enquiries@tretherras.net](mailto:enquiries@tretherras.net) if you're struggling
- Prepare a space to work in, with access to ClassCharts and make sure you've charged your laptop / iPad!
- Switch off! Try to turn off TV / mobile phones / social media / games – these will be a distraction when learning
- Upload the work your teacher asks to see (they won't be marking every bit, just like they don't mark every page in your exercise book)
- Have a go at all the tasks set – you can do it! We are missing you all and hope you are staying safe and happy.

### What if I get stuck?

- Aim to do work in chunks and give yourself break
- Unless your teacher says otherwise, try to vary how you work: laptop; handwrite; mind map; use any exercise books you may have at home
- If you are finding the task hard / don't understand you could: upload questions to ClassCharts; have a break and come back to it later; ask your friends on social media; ask your family around you; use your books and notes from previous lessons. If you are still struggling after this, email [enquiries@tretherras.net](mailto:enquiries@tretherras.net)

Teachers will follow this timetable when setting your work:

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	EP, Comp and MFL	Maths	English	Humanities; Creative; DT	Science
Year 8	Humanities; Creative; DT	Science	EP, Comp and MFL	Maths	English

Year 9	English	Drama; EP; Music; DT;	Art; Comp; French/Spanish; History/Geography	English	Maths
	Science Biology	Maths	Science Chemistry	Science Physics	

Year 10	Maths	English	Maths	Science Chemistry	A; Ca; Co; Em; En; F; G; H; Ph; Sp; H&S
		Science Biology	Science Physics	Dr; Ep; IT; Mu; PE; ocrPE; Soc; DT; Me	English

Subject codes of your Options:

A = Art; Ca = Catering; Co = Computing; Em = Engineering and Marketing; En = Engineering; F = French; G = Geography; H = History; Ph = Photography; Sp = Spanish; H&S = Health and Social Care; Dr = Drama; Ep = Ethics and Philosophy; Mu = Music; Soc = Sociology; Me = Media

### How can I look after myself?

- Eat well – healthy snacks and sitting down for meals will keep you fit and well
- Sleep well – try to go to bed as you would in a ‘normal’ school week. Try to get up at your usual time
- Get in a routine – setting yourself timetable with your family and those around you will help you organise your time
- Exercise – set 30 mins aside each day to get active (outside if you can!) use the PE activities for this!
- Social media – be kind; keep in touch with your friends and wider family! Research suggests that teenagers should have no more than 2 hours of screen time per day.

We are missing you all – stay safe, stay at home and look after each other