

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 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

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