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Stay safe.

If possible—stay at home! By staying at home we can stop the spread of the disease. This helps protect the more vulnerable people, such as older people, or those who have other serious health problems. This is important because our hospitals and medical staff wouldn't be able to cope if too many people got seriously ill at the same time. These restrictions may seem hard—but it will keep more people from getting the virus, and getting very sick. So, we are helping ourselves and so many others too. For more advice, please see the link below.

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>



Home Learning

Whilst we are being advised to stay at home and not come to school, it is important that you keep your brains active and try to stick to regular routines and study habits. BE REALISTIC! 3 hours a day of schoolwork is all we are expecting you to try and do. Your teachers are setting you a range of interesting activities in order to recap previous learning and consolidate your understanding on SMHW.

<https://www.satchelone.com/login?subdomain=shuttleworth>

To make home learning as effective as possible, try:

1. Getting Organised – Before starting your study session, make sure you've got all the books login details and stationery you might need before you get going. Start calm, study calm!
2. Getting in the zone – This is a key aspect of home learning. Find a quiet, dedicated room or space to do your studies and remove or switch off anything which may cause a distraction. That means no sneaky Facebook checking on your mobile and the TV off!
3. Getting into a routine—try to do your schoolwork at the same time each day.



Upload any work you do through Show My Homework.

You teachers are checking Show My Homework every day, answering questions and giving you feedback where they can. Your work can be typed or if you have handwritten it then you can take a photo and upload it.

If you cannot access the internet, please don't worry! Keep the work you have been doing safe and your teachers will be happy to look at it when we return to school.



Timetable

You have a home learning timetable to follow—copies of these can be found on our school website (www.shuttleworthcollege.org/information/covid19/ Years 7-10 Home Learning Timetable) These have been created to ensure that you are studying all your subjects and hopefully school work does not become confusing or overwhelming. Your teachers are aiming to set you an hours worth of work for their slot on your timetable.



Try your best

The most important thing to remember when completing work at home is that you try your best. The work is there to give you some structure and to help us all keep in touch.

Be kind to yourself, just do what you can and whatever that is, it is OK.



Links for learning

Our school website has a range of web links and ideas to support and enhance your learning. They can be found at www.shuttleworthcollege.org/information/covid19/



Exams

We understand that what year group you are in, many of you will be thinking about how all this might effect your exams. Remember that we know exactly what you will have missed and will do everything we can to catch you up next year. By the time you come back we will have plans in place for you.

Please remember that everyone is in the same situation.

Don't worry about them for now! All you can do right now is the work on SMHW, read your books and stay safe. Let's focus on the things we can control and not try and worry too much about the future.



Wellbeing

Coronavirus has turned our world a bit topsy-turvy—and if it's made you feel a bit topsy-turvy too, well that's quite normal. There's so much going on, so much has changed. It feels a bit weird for most of us and it's important that we don't let it upset us too much. When things we know, things we are used to, change a lot it can be really tricky.

That is why looking after yourself is the most important thing. Miss Binns has put some PSHE and wellbeing activities on SMHW. They can also be found at:

[www.shuttleworthcollege.org/information/covid19/ under Home Learning.](http://www.shuttleworthcollege.org/information/covid19/under%20Home%20Learning)

Make sure you spend at least an hour a day doing something you love.



Online safety

Now that we have to stay in, it's becoming more important that we stay connected to family and friends. Online websites and apps have been doing a great job at keeping us connected and there are lots of different ones to choose from but the big issue is staying safe while we enjoy them.

Have a look at this short Newsround report—Five top tips

<https://www.bbc.co.uk/newsround/52096366> to ensure you stay safe online.



Reading

When you can't go out, books are a great escape. We strongly encourage you to use this time to read lots of books! If you haven't got lots at home there are some free audio books on stories.audible.com and there are some links to other online books on our website.

<https://www.shuttleworthcollege.org/wp-content/uploads/KS4-Reading-List-Cross-Curricular.pdf>



Think about what you have learnt from this experience

This situation will only be temporary. One great thing to come out of all this is that we can really appreciate some of the things that we used to like doing but cant do right now. In addition, the last few weeks have also shown us how much "goodness" there is going on in the world.

- * What have you learnt about yourself over the last few weeks?
- * What might you do differently once life returns back to normal?



Here for you.

Remember, Shuttleworth College is here for you and your families. We always have been, and always will be a strong community.

If you are having any issues with ICT logins, SHHWK or Edlounge etc... email

ictsupport@shuttleworth.lancs.sch.uk

If you have any other issues, including any safeguarding concerns, you can email us at

help@shuttleworth.lancs.sch.uk and we will do our best to help you. This is monitored 9-3pm and we will get in touch as soon as we can.

