Best Practice for Students - Continuing with your learning during a Covid-19 related absence

1. Take responsibility for your own learning

- Check teams regularly for any classwork/homework updates.
- Reach out to your teachers via email or the chat function on Teams if you are not sure what work to complete or how to get started.
- Keep in touch with your classmates. Schools are very busy places, and your teachers may not always be able to post work online for you, so check in with friends to find out what you are missing.

2. Develop a routine

A good routine will help you keep up with your schoolwork. Here are some suggestions to help you get the most out of this time

- Get up at the same time each morning. Get dressed as if it were a regular school day.
- Structure your day to complete any tasks set by your teachers.
- Build in some outdoor time, if possible.
- Go to sleep at a regular time. Your body needs time to adjust to your new routine and schedule.

3. Focus on organizing

'A tidy desk is a tidy mind'

- Organize the space where you do your schoolwork. Try to keep it neat and tidy.
- Tidying everything away when you are finished your schoolwork will help you set clear boundaries between school and home.
- Use your subject copybooks to complete schoolwork.
- Try to meet deadlines and submit homework/classwork tasks on time as often as possible.

4. Be extra kind to yourself

Remember that these are stressful times. You have had to adapt quickly to working independently at home again.

- Always try your best, remember that your best effort is good enough.
- Keep your sense of humour and try to focus on the positives.
- Eat well, stay hydrated, get daily exercise, practice mindfulness, and get lots of sleep.
- Reach out to a family member, friend, teacher, or year head if you are struggling or feeling overwhelmed.