

## Academic Support for Students and Parents

There are many reasons why it is important for students to continue to study while school is closed. Apart from the educational reasons, it will be important to maintain some form of structure to your day for the sake of your well-being.

Teachers at Stowupland High School will be setting work throughout the period of school closure. Whilst it will not be feasible for teachers to collect and mark much of this work in the short-term, we cannot stress enough the importance of students completing this work. Teachers will be setting work on Show My Homework with the ability for students to submit work back "online". Some key points to bear in mind here:

### **Students**

- All work will be set via Show My Homework (Please email school if you have lost your login).
- Work will usually be set in one or two week blocks, but this might vary a little from subject to subject. As a start, teachers have been asked to consider work for the next two weeks.
- If you finish work quickly, then use knowledge organisers to consolidate key information and/or read a book of your choice. These are also being created by your teachers to use.
- Keep all completed work in a safe place (e.g. on a USB pen drive, in exercise books if you have them or in a folder).
- Routine will be very important. We suggest that you aim to follow one that is similar to the school day – i.e. five hours of work, with regular breaks in between. It would be sensible to follow your own timetable when choosing which subjects to focus on and when.
- You can still communicate with teachers where necessary – using either Show My Homework or by email if you do not understand something.
- Turn your mobile phone off or put it in a different room when studying. It is difficult to focus properly unless you do this. You can check for messages during your breaks.

### **Parents and carers will be able to help with all this by:**

- Helping to find a suitable workspace where students have space to spread notes out and, where possible, is quiet.
- Reinforcing the message about the importance of routine and following a timetable.
- Taking an interest in the work being done. Parents have access and can use Show My Homework to check that their child is completing all the work. Teachers will work with you on monitoring student work completion.
- Ensuring children have the right equipment - pens, paper and so on.
- Insisting children still go to bed at a sensible time and get up at a reasonable time in the morning as they would for school to maintain routine.
- Reinforcing the message about putting phones away while studying; this really does make a huge difference.

### **Health, well-being and safeguarding**

It is really important you look after yourself during this time. This includes eating properly and drinking plenty of water when studying to help concentrate.

Exercising regularly (in line with advice about self-isolation and social distancing) is also vital. There are plenty of online videos that you can use to inspire you with activities to maintain fitness without leaving the home.