



Working at home: a reminder

It may feel strange working from home when you have been used to coming to school every day. There won't be any bells or teachers reminding you what to do, and there may be certain distractions which tempt you to get off track.

When you are working, here are some simple tips to help you stay happy, connected and focused.

Routines

Routines are important—they help to make us feel like things are normal, even if they are not. Set the alarm clock for the normal time and follow your usual pattern in the morning. This means having your normal breakfast, having a shower and getting dressed.

Try to stick to the normal school day. Start your first piece of work at the same time you would start period 1. Start your second piece of work at the same time you would start period 2. Then have a break (and so on).

If you can, go for a walk or do some exercise. This might be different to the exercise you normally do but some activity will help you to de-stress.

At night time, try to go to sleep at a sensible time. Staying up late, gaming or chatting online will make you feel tired in the morning and less likely to



Mental health

If you feel anxious or upset, talking to someone you know and trust (like a parent, friend or relative) will help. You may not be able to meet up with people like you normally do but regular contact will make you feel better. You might try a video call or message group to stay in touch. Connecting with loved ones can help us to feel better.

Use your evenings for activities you enjoy. These might not be your usual activities if you are social distancing but there may be sensible alternatives. Look for ideas in this booklet.

Breathing exercises and meditation might help you to manage any anxiety you feel. Again, look for ideas in this booklet.

Keeping to a normal routine will support good mental health



Remember that - all work is set on Show My Homework.

- We want you to do your best. If you can't do something, don't worry about it. We will help you catch up when school opens again.
- We know that some days it might be difficult to complete work at home because you or a family member are ill. Don't worry if this happens.
- There are no sanctions if you aren't able to complete work. You and teachers all have enough to worry about right now. We might get in touch to check all is ok but we won't be telling you off.
- Even if Show My Homework says work isn't completed then don't worry about this – there will not be a sanction. Remember that SMHW wasn't set up for this so don't worry about these messages.

Finally

- Just do your best. Look after yourself and your families and follow the government guidelines on social distancing. Play your part in [helping the NHS cope](#) with the outbreak of the virus.
- Remember to follow Mrs' Frost Briggs advice to you in the [assembly on the 25th March](#).
- If you are worried about yourself or any other student at the school, then please report this through the [anonymous online reporting system](#). You can choose if you want to be anonymous, or you can give us your name. It is up to you.
- Stay safe online by following the guidance at the end of this handbook

New online opportunities for you to try

Mr George has told teachers, parents and students that “there is no expectation that school work is set or completed during the two week Easter break”. This is an opportunity to forget about school work and do other things. So over Easter please think how you can use your time to:

Be kind to family and friends

and

Take part in new things outside of school work

We all need to take good care of our physical health and emotional wellbeing. Many of us now have extra time in the evenings, weekends and Easter holiday to spend as we choose. On the next few pages there are some exciting ideas to get you started. From origami to yoga, there really is something for everyone to enjoy.

[British Sign Foundation is offering free sign language courses](#) to all under 18s currently: sign up online to learn a new skill and receive a certificate at the end! Be aware that due to high demand BST have introduced a £3 charge.

[Joe Wicks is giving the nation PE lessons daily](#) at 9am for your morning workout

[For Year 7 and Year 8, website The Maths Factor](#) has waved its fees for the time being so you can gain advice from maths expert Carol Vorderman.

If you fancy a bit of escapism, [Audible has launched a range of audio books that are free](#) to download currently.

If you fancy getting more in touch with your younger self, [David Walliams is releasing an audiobook a day](#) for the next 30 days.

Brush up on your Shakespeare by [listening to Patrick Stewart read a Shakespearean sonnet daily](#)

Now is the time to learn an instrument or improve your prowess in one you already play:

- [yousician offers free online tutorials.](#)
- [Fender guitar](#) are currently offering free tuition for two weeks

However, check with parents before you sign up for either of these as they are free in the first instance but require a subscription after that

[Yoga classes and tips](#) are being offered by for relaxation and exercise by the Teen Yoga Foundation live on their Facebook page and via Youtube

Local company Creative Quarantine have plenty of, well, [creative ideas for activities to do during the period off school](#) (make sure you sign up to the age appropriate email).

For older students, [why not try a free online lecture](#)? Just pick a topic that interests you!

[Live stream elephants, penguins and giraffes](#) in real time at the zoo:

The [Nike Training Club App is free](#) and offers lots of exercises and stretches to help you relax

Enjoy the [National Air and Space Museum](#) from your own home (lots of other museums offer virtual tours too)

[National Theatre Live](#) is now offering viewing of 1 free play a month: most are suitable for Y10 students and older

[National Geographic for Kids](#) on here you can research animals, science, history geography, complete quizzes and play games.

You can practise your [typing skills by playing typing games](#) <https://www.typing.com/student/games>

And don't forget the [PE Team's challenges](#) on Instagram

Lucky Dip: 50 Boredom Busters to try.....

1. Make a music video or movie.
2. Record a video diary entry for each day off school.
3. Learn how to do origami (Youtube).
4. Invent a new type of pizza and see if you can make it.
5. Have a film marathon.
6. Make a card for a friend or grandparent.
7. Grow vegetables.
8. Make, decorate and fly paper airplanes.
9. Sketch your pet.
10. Create a photo journal or blog.
11. Turn your living room into a gym class. You can find free workouts online, on Netflix and Youtube.
12. Read a new book every week.
13. Make a friendship bracelet to give to your friend when you see them next.
14. Create street art with chalk in your garden.
15. Research your family history.
16. Design your dream home.
17. Learn 10 phrases of a new language.
18. Make up your own new language.
19. Go through your wardrobe and make new outfits using old clothes.
20. Write a poem.
21. Write a song.
22. Write a play.
23. Start writing a novel.
24. Create a new smoothie.
25. Create a website.
26. Make a bucket list.
27. Make some slime.
28. Make the family dinner.
29. Have a clothes fashion show.
30. Babysit younger siblings.
31. Make a collage out of old magazines.
32. Listen to an audiobook. (Audible.co.uk)
33. Make a model out of things you find in the garden.
34. Make a playlist of your favourite uplifting songs.
35. Enjoy a board game marathon.
36. Make some jewellery.
37. Give your dog/pet a bath outside.
38. Turn up the music and dance.
39. Upcycle some jeans into a new item- lots of ideas on Pinterest.
40. Design a new board game.
41. Learn to cook 3 new meals well.
42. Rewrite your favourite film or book with an alternative ending.
43. Virtual coffee shop- FaceTime/ Skype your friends over a coffee or hot chocolate.
44. Put on a skit or a play.
45. Do a self portrait.
46. Use the web (eg Google street view) to visit places you've always wanted to go.
47. Carry out a random act of kindness each day.
48. Learn how to touch type.
49. Write a letter to yourself to open in 1/ 5/ 10 years.
50. Listen to an interesting podcast. (www.bbc.co.uk/podcasts)

You probably already know about these but....

FREE CELEBRITY CLASSES FOR KIDS IN LOCKDOWN

9.00

PE WITH JOE WICKS

[YOUTUBE.COM/THE BODYCOACH](https://www.youtube.com/channel/UCFKE9H4IY8H8J1K1K1K1K1K)

10.00

MUSIC WITH MYLEENE KLASS

[YOUTUBE/MYLEENESMUSICKLASS](https://www.youtube.com/channel/UCFKE9H4IY8H8J1K1K1K1K1K)

11.00

SCIENCE WITH MADDIE MOATE

[YOUTUBE.COM/MADDIEMOATE](https://www.youtube.com/channel/UCFKE9H4IY8H8J1K1K1K1K1K)

11.30

DANCE WITH OTI MABUSE

[YOUTUBE.COM/OTIMABUSEOFFICIAL](https://www.youtube.com/channel/UCFKE9H4IY8H8J1K1K1K1K1K)

13.00

MATHS WITH CAROL VORDERMAN

[THE MATHS FACTOR.COM](https://www.themathsfactor.com)

14.00

HISTORY WITH DAN SNOW

[TV.HISTORYHIT.COM](https://www.tv.historyhit.com)

15.00

ENGLISH WITH DAVID WALLIAMS

[WORLD OF DAVID WALLIAMS.COM](https://www.worldofdavidwalliams.com)

17.30

FOOD TECH WITH JAMIE OLIVER

[CHANNEL4.COM/KEEP COOKING AND CARRY ON](https://www.channel4.com/keepcookingandcarryon)

10 Top tips to stay safe online

1. STRANGER DANGER



Remember the old saying “Stranger Danger”? Just as you wouldn’t talk to, share photos with or give out personal information to a stranger on the street, the same applies online. You never know who is really typing those messages, however convincing they may seem! Always tell a parent or teacher straight away if messages or images you see or receive online make you feel uncomfortable.

2. PRIVACY SETTINGS

It’s easy to set up a social media account, but make sure you take your time to choose the highest privacy settings. Or, go back now and check them! Google yourself and see what information and images come up in the results – this is your ‘digital footprint’. You may be surprised and find your profiles and photos aren’t as hidden as you thought.

3. POSTING IS PERMANENT

Many people think that deleting something online means removing it from the internet forever. Sadly, that’s not true. After posting something online, anyone can save, download and re-use it! Think twice before posting something you may regret later – remember these can even be used when you are looking for employment in the future

4. STRONG PASSWORDS ***A*ZF/5=9#***

When it comes to passwords, your birthday just won’t cut it! Keeping your accounts safe online starts with choosing secure passwords with a mix of symbols, numbers and capital letters. Never share your passwords with anyone, even friends.

5. NEVER REVEAL PERSONAL INFORMATION

Anyone that knows you well, will *never* need to ask for personal information like your address or school online. Never give out this information and be wary of who is asking for it – always tell a parent or teacher.



6. FAKE NEWS

Normally, if something sounds too good to be true, it is! Understanding how to stay safe online doesn’t stop with social media. It’s also about picking up on spam emails. Never open links or attachments from an unknown sender, they could unleash a virus on your computer. Never pass on personal information, trusted organisations will never ask for this over email.

7. RESPECT

8. It’s easy to type something when you’re hiding behind a screen. But remember, there’s also a real person at the other side of the screen, so be respectful and polite to others online. Despite all the interaction, social media can feel like a very lonely place to be.

8. SOCIAL MEDIA DOESN'T GIVE THE FULL STORY

In a world of impeccable Instagram feeds and seemingly beautiful YouTubers, it's really important to remember that the lifestyles portrayed on social media are only part of the story. Despite how it looks from the outside, *nobody's* life is perfect and follower counts don't define your meaningful offline relationships.

9. KNOW HOW TO BLOCK OR REPORT CONTENT

Each of us has the responsibility for making the internet a better place to be. Knowing how to block and report inappropriate content or instances of cyber-bullying helps shape the community. You can do this through telling your parents, using the school online **SHARP** system or reporting to the online **CEOPS** system



10. LOG OFF

And finally, using the internet safely is not just about what you get up to online, it's about how much time you're spending doing it. The internet is a great tool for keeping in touch with friends and being creative, but being online for **excessive amounts of time can have a negative impact on other areas of life**, such as school and **sleep**. It's really important to know when it's **time to unplug** and spend some time away from screens, especially your smartphones.

For more information on internet safety please watch : <https://youtu.be/OgOzSPCaHnU>