



Home learning

This document has been designed to support you while you study at home.

Keeping Motivated



Set yourself daily goals.



Work towards completing a task.



Seek help from those around you.



You are not alone, communicate with others.



A minimum of 30 minutes of daily physical activity helps us to stay positive.

Stay Focused and be organised



Try to keep to the schedule of your time timetable. If you can't access live-lessons at the time, make sure you catch up at a time convenient to you, but not late at night

- Log on to Google Classroom in good time to view work and resources for your lessons
- Ensure you have additional equipment at the ready: pens, pencils, diary etc ...
- Be polite with your teachers
- Try your best at the work: it is not a competition to finish first, quality is what your teachers are looking for.
- If you don't finish a piece of work in the time given, **do not worry**, submit the work.
- Work does not have to be perfect

Remember as long as you have done your best, that is all that is asked of you.



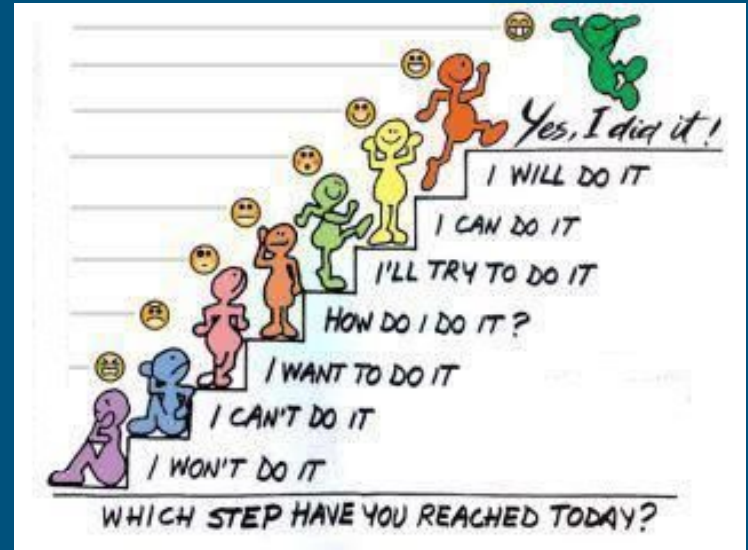
Learning



Please remember:

Amazing learning takes place often after you:

- ❑ Have struggled a little
- ❑ Been a little confused
- ❑ Have worked hard
- ❑ Have had to have a go yourself / by yourself
- ❑ Have not given up but kept going



Reward Yourself



Take a break...



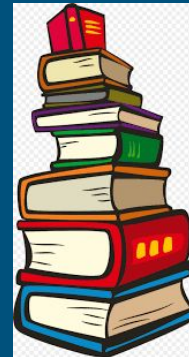
Downtime with devices...



'Chat' with family/friends during breaks



Have a snack...



Read a book.



If you need further support:



- ❑ Speak to your Form Tutor in morning registration
- ❑ Contact your Head of House
- ❑ Use the information on our website or in the Pupil Support booklet sent to you:
<https://claverham.e-sussex.sch.uk/parents/mental-health/>
- ❑ Email mhfa@claverham.org

