

Dear Parent/Carer/Pupil

As we continue lockdown measures for a longer period of time we have provided some ongoing guidance and support that may help at home to structure home learning.

We are finding that it is helpful during this time that you keep some sort of routine during the day. You may not be able to stick to school timings or even your school timetable. We would recommend that you attempt to split your day into manageable chunks [about 3 to 4] of 30-40 minutes covering 3 or 4 different subjects each day with breaks in between. Try and include some time to carry out extracurricular interests and spend time with your family or chatting with your friends as well as exercising regularly.

It can help having a timetable means that you will be able to cover a range of subjects within the week. We do not know how long this situation will last for. It is in your best interests to ensure that you create some sort of normal routine. **Learning something new is the best antidote to uncertainty.**

Below is an empty template and an example of what a possible timetable could look like. It is not set in stone so you can amend to fit into your daily routine.

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Time	Activity

Session	Monday	Tuesday	Wednesday	Thursday	Friday

Example of a potential daily timetable

Time	Activity
1 st hour	Physical exercise/ Yoga/ Guided meditation/ 30 minutes reading/ catch up with the news or your friends/ check to-do list for the day
2 nd hour	Session 1: Subject Work Completion
	Break
3 rd hour	Session 2: Subject Work Completion
	Break
4 th hour	Session 3: Subject Work Completion
	Lunch
5 th hour	Session 4: Subject Work Completion
	Break
6 th hour	Private reading

Session	Monday	Tuesday	Wednesday	Thursday	Friday
Fitness session	Joe Wicks workout/yoga/circuit training/daily exercise				
Session 1	Maths	Science	Maths	History	Maths
Session 2	English	English	Science	English	Geography
Session 3	Science	IT	Dance	Drama	French
Session 4	Technology	History	English	Geography	Art