



# School Closure Advice & Guidance for Students



- You will be set classwork on Google Classroom
- Work will be set for the subjects on your timetable for the day. This means you can set up your day for studying as if you were at school
- Work will be set to follow the curriculum in each of your subjects
- Teachers will support you if you need it or have questions



- Plan the day to have similar lessons as if you were at school
- Complete all set work to the best possible standard and follow instructions set. Spend the allocated time on the task.
- Remember to save frequently if working on the computer
- Complete extension and challenge tasks if appropriate
- Maintain high standards of presentation in all work completed



# If you need to communicate with staff

- This should be done mainly through Google Classroom or email if necessary
- Use your school email account – NOT your personal one
- Use polite language and correct formalities (you are not talking to a friend).



# *Working productively at home*



1. Get changed in the morning from what you've slept in (even if you change into different pajamas!)



2. Pick a dedicated workspace, ideally with a good chair that will support your back. Try to always work in this space



3. Do not work in bed! (and try to avoid working in your bedroom if possible)

It is important to separate your school work and sleeping space so you can create boundaries and make the work-life divide clearer

Studies show that quality of sleep decreases if you work in bed





5. Follow the school times. Try to wake up more than 15 minutes before your work day starts. You need time to prepare, mentally and physically.



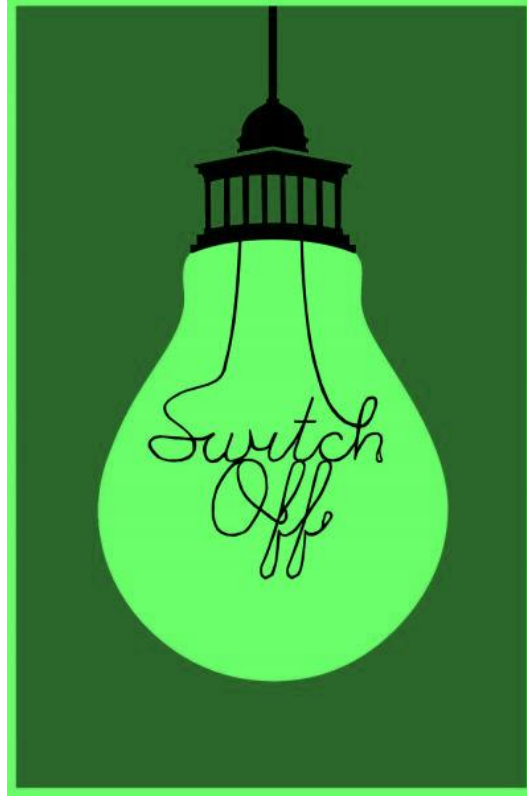
6. Try to have a set  
breakfast, break  
and lunch time.  
Avoid snacking  
throughout the day  
and drink plenty of  
water



7. Sign out, and turn off notifications on your social media whilst completing school work.



8. Don't look at anything school work-related when you are taking breaks or finished working for the day



9. *Communicate kindly to people you live with to let them know you are working. Let them know of any concerns.*



# 10. Look after yourself



Stay connected -  
WhatsApp, Call,  
Facetime, Text



Stay calm - Practice  
mindfulness, use great  
free apps like  
Headspace, try some  
yoga, there are lots of  
Youtube videos!



Limit the news - Set  
a time of day to  
catch up



Eat well & stay  
hydrated. Try to avoid  
snacking all day/search  
for healthy alternatives!



Do the things  
you enjoy (Paint,  
Bake, Game,  
Read)



If possible, get some  
fresh air/exercise  
(garden or walk  
around the block)



Try reading a new  
book or learn  
something new  
(Youtube  
tutorials/Duolingo  
app to learn a new  
language)





- ▶ Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with.
- ▶ You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer.
- ▶ If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk if allowed.

- ▶ If your living situation is difficult or you are struggling at all, please don't struggle in silence.
- ▶ Speak to someone you trust. Call a friend or a helpline. There are lots of helplines which also offer text and online messenger support.
- ▶ Childline 0800 1111 or online <https://www.childline.org.uk/>

