Working From Home: a guide for students and parents.
The government has asked people to work from home as much as possible to help stop the spread of the Coronavirus (CVD-19) infection.

The government has asked people to only leave home for necessary activity. For example, to buy food or go to the chemist. They have asked that people avoid meeting up in large groups in social spaces. This is called ‘social distancing’.

The government have asked anyone who has, or lives with some who has, a temperature and a continuous cough to ‘self isolate’ and stay at home to stop the spread of infection.

So whilst students are not in school they are expected to mostly be at home.

Continue through the slides to see our guide on successful working from home for students.
School work - how to manage it

• We have set you work on the MLE for each subject. Log on and look at the tasks.

• Make a space at home where you can sit down each day to do some work - ideally not on your bed.

• We suggest you follow your usual timetable as far as possible. If on a Thursday you have maths, log on to frog and complete some maths work.

• Switch your phone off or leave in another room so you can concentrate.

• If you are in years 11, 12 or 13 you are preparing for exams and you are revising. You may find it useful to make a revision timetable. There is a template of one of these on the next slide that you can use to make your own.
# REVISION TIMETABLE

**Week Commencing:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am</td>
<td>English</td>
<td>Food/Art</td>
<td>Geog/Hist</td>
<td>Science</td>
<td>English</td>
<td>Maths</td>
<td>Latin/MfL</td>
</tr>
<tr>
<td>10:00am</td>
<td>English</td>
<td>Food/Art</td>
<td>Geog/Hist</td>
<td>Science</td>
<td>English</td>
<td>Maths</td>
<td>Latin/MfL</td>
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<tr>
<td>11:00am</td>
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<tr>
<td>12:00am</td>
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</tr>
<tr>
<td>1:00pm</td>
<td>Latin/MfL</td>
<td>Maths</td>
<td>RS</td>
<td>Computer science</td>
<td>English</td>
<td>Science</td>
<td>Geog/Hist</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Music</td>
<td>Maths</td>
<td>Latin/MfL</td>
<td>RS</td>
<td>Geog/Hist</td>
<td>Food/Art</td>
<td>Computer science</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Music</td>
<td>Citizenship</td>
<td>Latin/MfL</td>
<td>RS</td>
<td>Geog/Hist</td>
<td>Food/Art</td>
<td>Computer science</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Science</td>
<td>Break</td>
<td>English</td>
<td>Break</td>
<td>Music</td>
<td>Citizenship</td>
<td>Citizenship</td>
</tr>
<tr>
<td>5:00pm</td>
<td>Exercise</td>
<td>English</td>
<td>Exercise</td>
<td>Maths</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Break</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Dinner</td>
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<tr>
<td>7:00pm</td>
<td>Latin/MfL</td>
<td>Computer science</td>
<td>Maths</td>
<td>Science</td>
<td>Food/Art</td>
<td>Geog/Hist</td>
<td>RS</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Phone calls and TV</td>
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<tr>
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</tbody>
</table>
Some ordinary things you should do to say happy and healthy.

Break for a healthy lunch and dinner for an hour each day. Avoid junk food and snacking as you won’t be playing as much team sport.

Spend sometime when you’ve done some work calling friends and family to talk and keep in touch.

Open the windows in your house and get some fresh air in.
Some ordinary things you should do to say happy and healthy.

Try some online workouts that you can do at home - you can find these on YouTube for what would usually be break time.

Go out for a 30 min walk in a non crowded area - a park along the river.
Show us what you have been reading when you return to school. We would love to see your reading logs in your planner. There is a recommended reading list in your planners too.

On the next slide there is a book review sheet you can print out and complete. You could draw your own one if you don’t have a printer.
Give the story a rating out of 5.

What was your favorite part and why? Why would you recommend this book to anyone?

Your opinions:

Characters:

Who is the story set?

Describe what they like (personality and appearance).

Setting:

How does the story start? What happens in the middle? How does it end?

Plot:

Book Review

Name:
Online safety

We recommend that parents and carers check students’ phones regularly to curb inappropriate usage.

We recommend that parents and carers limit the amount of gaming time each day and that you don’t have gaming equipment in your bedroom.

We would like you to be kind to each other as always and in this difficult time. If you have nothing nice to say, don’t say anything at all! Should you experience any online bullying, screen shot it and keep evidence and we will help you to deal with this when you return to school.
Useful contact details:

enquiries@pimlicoacademy.org (general)
frogsupport@pimlicoacademy.org (FROG specific)