

Managing Your Home Learning

- **Keep to a Routine:** use your school timetable to guide your plans. This is a good way to keep structure and routine to your day.
- Get dressed and have breakfast as you would do normally on a school day.
- Go to bed at a similar time to when you are at school.
- Find somewhere quiet and comfortable to work.
- Take breaks when necessary and eat properly.



Limit Screen Time: avoid being on social media during your study times. Put your phone on silent when you are trying to study. Avoid using your screen an hour before you go to bed so that you get to sleep properly.



Be Creative: take the time to discover new talents; paint, draw, write, bake, the list is endless.

Stay Active: find the time to be active at home this will help boost your mood and motivation.



Keep in Contact with your teachers if you have any questions about the work - use the subject emails below if you need to ask.

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