

# Home Learning Booklet

This booklet has been created to support you with your learning at home.



**CARLETON  
HIGH SCHOOL**



**PONTEFRACT**  
ACADEMIES TRUST

# Learning at Home

Inside this booklet you'll find hints and tips for how to manage these strange days of learning at home.

We want you to not just survive, but thrive!

You'll find sections on

- Considering a daily schedule
- Example daily schedule
- Your daily schedule
- Celebrity online learning at home
- Motivation
- Keeping focused
- Building in Rewards
- Apps for feeling organised
- A healthy working environment
- Key online platforms
- Recommended weblinks for creative family activities
- Recommended documentaries
- Family Activities
- Looking after your mental wellbeing at home
- Feeling anxious or worried
- Advice for parents and carers

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## Top tips for learning at home

# Considering a daily schedule

You've spent your whole life working to a schedule, so it makes sense for your mental wellbeing to keep one up now. It really will make the days feel more normal. Try out your own version!

Before the day starts	Have a bit of breakfast, (tea and toast? fruit?) check the weather, wave to the birds, and get yourselves ready for the day! Don't stay in your pyjamas all day, you'll feel sleepy.
9am-9:30am FITNESS	PE with Joe Wickes on YouTube. It's great to start your day with something active, and join in the millions of other people doing the same thing. If Joe Wickes is not for you, what other workouts can you recommend?
9:30-10:30am LEARNING	Have a look at some of the English, Maths or Science work – really get stuck into one or two of these. If something grabs your attention, why not research around it – what else can you find out or create to match the topic?
10:30-11am BREAK	Have a break – a breath of fresh air in the garden or just stood at an open window for a bit – something to drink, maybe a snack, and ring or message a friend. We need to keep in touch – how are they feeling today? Do a chore – empty the bin, collect the washing, sweep the floor – how can you help?
11am-12pm LEARNING	Time to look at your other subjects. You could practice some Languages vocab every day for a week to get it glued into your mind. What is the History focus – can you link it to other things you want to learn about? What examples can you find from the Geography focus that are amazing that you could share?
12-12:30 LUNCH	Lunchtime – what would be a healthy choice? (Or a real treat!!!???) It's all in the presentation – how can you make a cheese sandwich look a bit lively, and different to yesterday? Don't forget to wash your hands!
12:30-1pm FAMILY TIME	Family time Although you may be driving each other crazy, take the time to ask questions you never have. What was mum's favourite song when she was your age? Can you find it online and can she still sing it? Ring or FaceTime other family members while you are together – it'll be noisy and silly but helps us feel better. Make sure you have a bad joke ready to tell!
1pm-1:30pm READING	Reading time. Keeping up with reading is one of the best things you can do with this time. Check SMHW for instructions on how to access a massive free online library. Are there books in the house you've never tried, or not read for ages? Relax into a book or magazine.
1:30-2:30pm CREATIVE TIME	Creative projects. Look at this fortnight's Creative Project for some ideas, or check back on some previous ones you may have missed. You might want to have a go at the PE or Performing Arts Lockdown Challenges. Let's see what you can do!
After school time	Get a bit of fresh air with the family, as long as you stay safe and stick to social distancing guidance. What games did you used to play outside? Have some fun and be active. Nothing wrong with a bit of gaming or TV time – there are some fantastic programmes to watch on free services! Or drift away with some music, or a book. Paint your nails, master the x-box, aim for the world record on keepie-uppies – what could you do?

# Example daily schedule

	Before learning	9.00-9.30	9.30-10.30	10.30-11.00	11.00-12.00	12.00-12.30	12.30-13.00	13.00-13.30	13.30-14.30	After learning
Mon	Get ready for the day! Get up, get dressed, have breakfast.	PE with Joe Wicks	English	Break time. Facetime a friend.	History	Lunchtime	Facetime a family member and ask how they are	Reading time. Check SMHW for ideas.	Creative time. Check SMHW for ideas.	Practise the PE/Performing Arts challenge.
Tues	Get ready for the day! Get up, get dressed, have breakfast	YouTube HIIT workout	Maths	Break time. Practise your moves or lip-syncing skills for TikTok Tuesday	Geography	Lunchtime	Find out five things you never knew about a family member	Reading time. Check SMHW for ideas.	Creative time. Check SMHW for ideas.	Practise the PE/Performing Arts challenge.
Weds	Get ready for the day! Get up, get dressed, have breakfast.	PE with Joe Wicks	Science	Get some fresh air in the garden.	MFL	Lunchtime	Facetime a family member and ask how they are	Reading time. Check SMHW for ideas.	Creative time. Check SMHW for ideas.	Watch a movie with your family, or facetime a friend & watch together!
Thurs	Get ready for the day! Get up, get dressed, have breakfast.	YouTube HIIT workout	English	Break time. Facetime. Facetime a friend.	Social Sciences	Lunchtime	Find out five things you never knew about a family member	Reading time. Check SMHW for ideas.	Creative time. Check SMHW for ideas.	Go on a walk with members of your household.
Fri	Get ready for the day! Get up, get dressed, have breakfast.	PE with Joe Wicks	Maths	Break time. Complete a household task – ask how you can help.	MFL – Why not try a new language with Rosetta Stone?	Lunchtime	Facetime a family member and ask how they are	Reading time. Check SMHW for ideas.	Creative time. Check SMHW for ideas.	Play your favourite game



# Weekly Social Interaction Activities

The key priority during school closure is to ensure students are completing their core tasks set by their subject teachers on Show my Homework to the best of their abilities. We also have a range of fun and engaging activities on Twitter which provide an opportunity for pupils to see and engage with friendly faces when they are having a break from their studies.



<b>#MotivationalMonday</b>	We share a motivational story or talk to you about an inspirational person to set you up for the week ahead. Plus, Head of School virtual praise, a special shout out to those who have been nominated by subject areas for demonstrating an outstanding attitude to their home learning.
<b>#TikTokTuesday</b>	Show us your moves! Share your best Tik Tok video on Twitter and tag @PATCarletonHigh every Tuesday by 3pm. Our favourites will be retweeted and all entries will be entered into the weekly #getinvolved prize draw.
<b>#WellbeingWednesday</b>	We will provide suggestions on how to cope with being at home during the lockdown period. Check out our weekly video every Wednesday at 9am.
<b>#ThoughtfulThursday</b>	We share examples of how people have made the world a kinder place to be and suggest how you can be more thoughtful. Have you helped around the house? Clapped for the NHS? Let us know!
<b>#FunFactorFriday</b>	Friday is the launch day for our weekly PE and Performing Arts #lockdownchallenges! Practise throughout the week and show us your best skills <b>before 3pm on Thursday!</b> Our favourites will be retweeted and there are prizes up for grabs! Plus, the #getinvolved prize draw will take place at 4pm for all our amazing students who have shared their work, had a special shout out or got involved in one of our challenges throughout the week.



As always, we would love you to share your work with us on Twitter, tag us @PATCarletonHigh – all posts will go into the #getinvolved prize draw on Friday at 4pm. The more things you share, the more chances you will have of winning!



# Celebrity online learning at home

They couldn't possibly be better than Carleton staff, but give them a try!

## PE with Joe Wicks

Ensuring children around the country are getting regular exercise in quarantine is Joe Wicks - also known as The Body Coach - who is live streaming virtual PE lessons via his YouTube channel at 9am from Monday to Friday for the foreseeable future. <https://www.youtube.com/user/thebodycoach1/featured>

## Music with Myleene Klass

The pop-star-turned-radio-host, Myleene Klass is also a talented classical pianist and knows her major from her minor scales. The singer is giving free music lessons via YouTube for little ones stuck at home - and has invited people to tune into her next "klass" each week.

<https://www.youtube.com/channel/UCQh2wgJ5tOrxYBn6jFXsXQ>

## Food Tech with Jamie Oliver

Jamie Oliver is back on screens with Channel 4's Keep Cooking and Carry On - broadcast every week night at 5.30pm - that promises to show viewers how to make "easy-to-follow, super-flexible recipes" including fresh homemade pasta.

<https://www.channel4.com/>

## Dance with Oti Mabuse

Oti Mabuse and her husband are giving daily dance classes on her YouTube channel on <https://www.youtube.com/user/mosetsanagape>

Or you could join Australian pro dancer Dianne Buswell who taught her followers how to do the Charleston, Samba, Hip Hop, and more with the help of 28-year-old boyfriend Joe Sugg - and posted the tutorial on her YouTube channel.

<https://www.youtube.com/channel/UCHEPUMv8I5qYfiqTWe5n8RQ>

## English with David Walliams and Hollywood stars

David Walliams has announced he'll be releasing a new audio story every day for a month for free. First up was *The Terrible Triplets*, which can be accessed via his website - and is, of course, narrated by the star himself.

<https://www.worldofdavidwalliams.com/elevenses/>

## History with Dan Snow (no, that's not our Mr Snowden!)

TV presenter Dan Snow invites you to his History Hit streaming service which allows you to access documentaries on everything from Jack The Ripper to the events of 1066. It can be accessed for free for 30 days, and the following month for just a quid, as part of special offer. There's also a free podcast too.

<https://www.historyhit.com/>

## Maths with Carol Vorderman

Who else could the nation trust to get their kids brushing up on their algebra? None other than former Countdown host Carol Vorderman, of course, who is giving children free access to her online maths school until they're back in the classroom.

## Geography with Steve Backshall

Remember Deadly 60? Naturalist and wildlife expert Steve Backshall will be giving lessons on his area of expertise, with his first virtual class already having taken place last week. He says, "9:30am (GMT) Weds 25th March I'll be live on Facebook, Instagram AND YouTube. From habitats to holotypes, parasites to pademelons, I'll do my best to bring the wild world into your living room, from... my living room!"

<https://www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A>

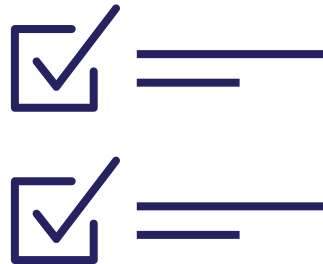
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## Top tips for learning at home

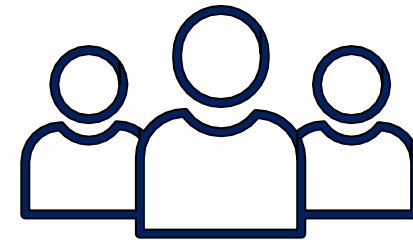
# Motivation



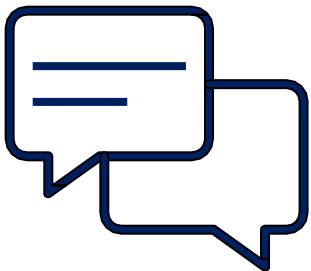
Set yourself goals each day.



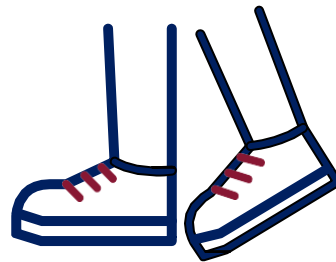
Work towards completing a task



Ask those around you to get involved with your learning.



Keep in touch with others who are in the same situation. It's what teenagers find the most helpful to keep on track.



At least 20 minutes a day of any physical activity can create a positive mental attitude.



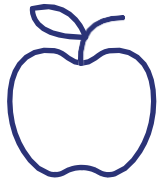
Learning at home, to this extent, isn't something you've ever had to do before, so be kind to yourself and allow time to get used to the new learning routine.



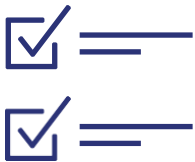
## Keeping focused



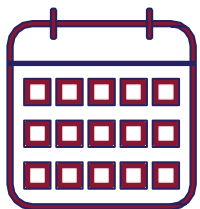
For every 50 to 60 minutes of study time, plan a 10 to 15 minute break.



When taking a break, get a healthy snack for an energy boost, be active and take a short walk, or listen to music.



Schedule time for additional learning when you are at your most focused and alert. For example, you might find that you retain more information during the morning.



Evaluate your plan every few days – is it continuing to work and keeping you busy?

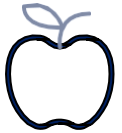
## Creative Projects

It can't all be work, work, work. There are always a range of optional creative projects on SMHW for you to choose from. Have a go at something arty, something silly, or even download Rosetta Stone and have a go at a new language. Taking a break from the ordinary and doing something creative is just as important for your brain and wellbeing.

## Building in rewards



Having a cup of tea or coffee.



Eating your favourite healthy snack.



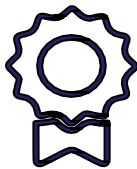
Watching television during your breaks



Chatting to friends online during your breaks.



Reading a chapter from your favourite book.



Give yourself a pat on the back! You're moving forward!

## Healthy Diet, Healthy Brain

Many foods can help to keep your brain healthy. Some foods, such as fruits and vegetables, as well as tea and coffee, have antioxidants that help protect your brain from damage. Others, such as nuts and eggs, contain nutrients that support memory and brain development.

- Fruits and berries – apples are high in fibre and vitamin C. They make the perfect snack if you are hungry between meals.
- Strawberries are highly nutritious and low in both carbs and calories.
- Nuts and seeds – almonds are loaded with vitamin E, antioxidants and fibre.
- Vegetables – carrots are full of fibre and vitamin K and make a quick, preparation-free snack.
- Potatoes are loaded with potassium and contain a little bit of almost every nutrient you need, including vitamin C.

Unhealthy treats are great every now and again, but...

...fruit and veg are a reward for your brain and body.

# Apps for feeling organised

There are loads of free apps to help you feel organised, stay on track keep focus and even mute social media. Try Mute, Focus Keeper, Flora, Plantie or search in the App Store. Feeling organised is half the battle!



# A healthy working environment



Get started early – pretend you are going to school (try not to stay in your pjs!).



Take regular breaks! You need to move, hydrate, get air, and speak to people!



Follow a structured day (see diary planner).



Have a quiet space with few distractions.



Choose a workspace that is comfortable to set out what you need. An organised workspace helps create calm.



Try to work in a cool, bright space.



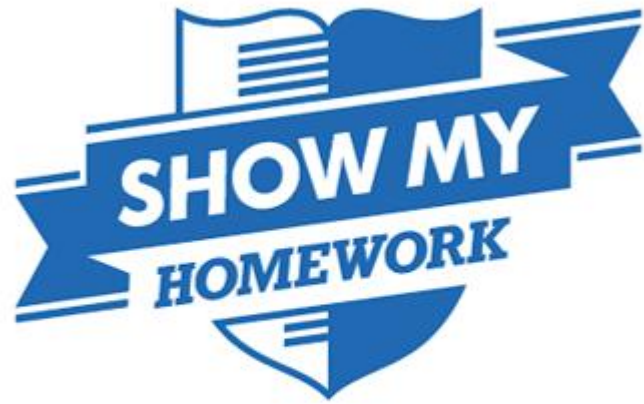
Limit your social media time (use it as a reward!).



Aim to sit at a desk in a comfortable chair, slouching won't help you work efficiently (everything will take longer!).

You might have a peaceful study to yourself – but you're more likely to have to share space, and we know that noise and distractions will happen. It's ok! It can't be perfect all the time! However, see if you agree with your family some time in the day when everyone will be peaceful, and maybe smaller brothers and sisters have something to occupy them? You do need SOME quiet working time.

# Key online platforms



## Other links

[www.senecalearning.com](http://www.senecalearning.com)

Activities, quizzes and tests for all subjects (worksheets also available for download).



[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

Short videos, clips and activities to test knowledge in a variety of subjects.



[www.gcsepod.com](http://www.gcsepod.com)

Thousands of 3-5 bursts of learning, testing knowledge in a wide range of topics and subjects.

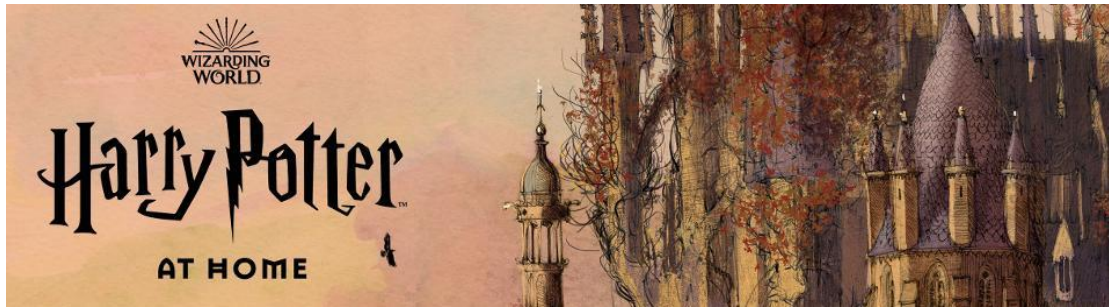


<https://ed.ted.com/lessons>

Different lessons every day on a range of subjects.



## Recommended web links for creative family activities



All the latest magical treats to keep you occupied, including special contributions, nifty magical craft videos (teach your friends how to draw a Niffler!), fun articles, quizzes, puzzles and plenty more for first-time readers, as well as mega fans!

<https://www.wizardingworld.com/collections/harry-potter-at-home>

### The Wildlife Trust

Family activities to stay connected to nature, from making compost, nature spotting from the window, or even nature themed yoga!

<https://www.wildlifetrusts.org/kids-and-families>



**TATE KIDS**

### Tate Kids

You may never have tried soap carving or textile weaving but now you can. On Tate Kids all the family can access craft tutorials and submit work for their online galleries.

## Recommended documentaries

- Journey to the Edge of the Universe – YouTube
- Planet Earth/Planet Earth 2 – Netflix/BBC iPlayer
- Blue Planet – Netflix/BBC iPlayer
- World War 2 in Colour (2009) – Netflix
- Natural World – BBC iPlayer
- Civilizations – BBC iPlayer
- Digging for Britain – BBC iPlayer
- The Secret Life of Books – BBC iPlayer
- Earth from Space – BBC iPlayer

### Plus...

#### Science with Professor Brian Cox

Don't forget about physics, which Professor Brian Cox - single-handedly credited with getting the nation more interested in galaxies and gravity - has promised to help with in the coming weeks.

The TV star confirmed he'll announce on Twitter "as things get organised". It's worth staying tuned.

# Family activities

We don't get time to play together as often as we should – make it part of everyday family time. Whether you're baking, playing cards or board games, playing charades, spotting wildlife out the window, or just having a walk together, it's good to talk. Coming up with a family quiz for 'Who knows us all best' can reveal a few funny surprises – who knew Mum won a prize for singing!

**Try some of the following when the weather is looking grim and you are sick of the sight of Netflix!**

## Dear future me

Parents can bring out pencils and postcards for their children to pen a message to their future selves.

The person arranging the game should set out exactly how far the messages will go into the future, after which they may read out one another's entry. The cards should stay in a safe place until the designated "future" point when the writers can read them.

## Create a family tree

Researchers discovered that finding out about relatives and ancestors can help give young people more perspective and learn resilience.

Look at the lives of relatives who are in living memory and put together their pictures and stories to create mini biographies. Ringing elderly relatives to ask for their recollections is also a great way to keep in touch if they are also in isolation.

## Take virtual tours

The museums and art galleries may be closed but if your teenager wants to expand their horizons, there are now virtual tours of thousands of the world's most important museums, including the Van Gogh Museum in Amsterdam and the Guggenheim in New York. The tours are so good it's like you are actually wandering through the corridors and you can zoom in to view any masterpieces you fancy.

*Look up the museums' websites for more details.*

**Check SMHW for LOADS more creative activities to do together as a family – maybe the photography competition, or Senora's 'make monopoly in Spanish' idea!**

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# Looking after your mental wellbeing while at home

Being a teenager at this time can be tough; although the idea of no school can seem amazing, being at home all the time can sometimes be difficult to handle. We all need to take care of our mental wellbeing. Here are some tips to help you.

## **Be safe and stay connected**

Self-isolation doesn't mean cutting off all communication, in fact, it's more important than ever to talk and listen, share stories and advice, and stay in touch with the people who matter to you.

## **Take notice of things that make you feel good**

Eating healthy food, keeping moving by going out for walks or exercising can help us to feel good. Notice the beauty outside your window or on a walk around the block, taking time to acknowledge people you see

## **Go on an information mini-break**

The endless updates from news outlets and people on social media can be completely overwhelming. Pick one trusted source of information and visit it once a day only.

## **Share how you're feeling**

Talk to loved ones and friends. Talking has the effect of lifting our mood and really helps us to begin to feel more positive if we're having a tough time

## **Keep moving**

Find ways to move your body and your mood every day. It's OK to go for a walk, run or ride your bike, as long as you avoid other people.

## **Stick to a routine**

This sounds dull but it will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes, get some fresh air, book in video-chats with colleagues or friends, do your chores. Make time for fun!

## **Find ways to relax and distract**

Finding things that help you breathe deeply, consciously setting your worries aside or focusing on the moment to recharge can be helpful. Distracting yourself by watching films or TV programmes, reading or listening to music will help you to set things in context and provide relief from anxious feelings.



# Feeling anxious or worried?

These are worrying times for all of us, but it's important to use the friends and family that you have to talk about any worries about coronavirus and self-isolation, and find a way to feel calm and protected.

Following the government guidance about staying home is the first step.

Please speak to someone about it. There's plenty of advice out there about how to manage anxiety and worries. You could try visiting these websites:

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

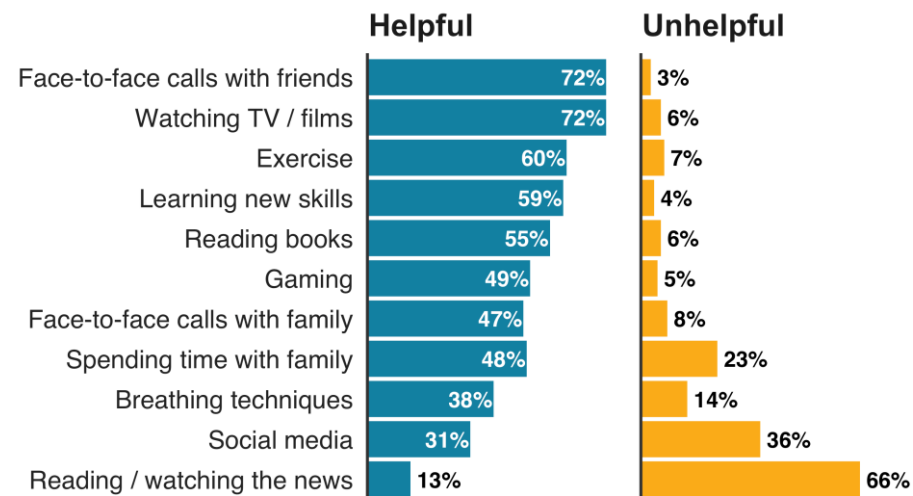
[www.headspace.com/covid-19](http://www.headspace.com/covid-19)

<https://youngminds.org.uk/>

<https://www.kooth.com/>

## Which activities do young people find helpful and unhelpful for their mental health?

Survey of 2,111 young people with mental health needs



Source: YoungMinds survey carried out between 20-25 March

BBC

## If you need help or feel unsafe

If you are worried at home and think you may be unsafe, we are still here to help you. If you feel unsafe, and you think you need an adult to help, we are here. Ring school on 01977 781555 or email us on [admin@carletonhigh.patrust.org.uk](mailto:admin@carletonhigh.patrust.org.uk) and we will get back to you. The following agencies are also available to help.

**ChildLine:** Tel: 0800 1111

Web: [www.childline.org.uk](http://www.childline.org.uk)

**Samaritans:** Tel: 116 123

Web: [www.samaritans.org](http://www.samaritans.org)

**Beat :** Tel: 0808 8010711

Web: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**Runaway Helpline:** Tel: 116 000

Web: [www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

**Kooth:** Tel: Online chat only

Web: [www.kooth.com](http://www.kooth.com)

**Papyrus:** Tel: 0800 0684141

Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

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Top Tips for Learning at Home

## Advice for parents and carers

As students and their families are very familiar with Show My Home Work (SMHW) we will continue to use this as the main communication platform for setting all work.

Alongside SMHW, we will also be using Google Classrooms and a number of other online educational software packages that students are already familiar with, such as Hegarty Maths and Kerboodle for Science.

Teachers set work through Show My Homework on a weekly basis, with new work being available each Monday.

There will always be additional optional creative projects for students to try as they wish.

In the first instance, students should check Show My Homework to see the tasks assigned. From here, teachers may direct students to other online learning platforms.

Of course we understand that not all families will have access to internet or a device, so please get in contact with us to let us know if you need us to provide support through paper resources, although we know that even limited internet access so students can see the set tasks is better than working from printed versions.

Further support information for SMHW and Google Classroom log in and use can be found on our website.

Having tried the information online, should you be experiencing problems with logging on, or with any aspect of home learning, then please email: [admin@carletonhigh.patrust.org.uk](mailto:admin@carletonhigh.patrust.org.uk)

Your email will then be directed to a member of staff who will be able to support you with your query.

## Communications and feedback

Teachers will assess students understanding over this period of time through a variety of ways such as online quizzes and self marked tests, but we will also request key pieces of work to be submitted online for assessment, where appropriate. This submission is easiest through Google classroom.

Students can send and receive messages from their teachers on SMHW for clarification on any work set.

## Further advice for parents

### **Structure and work**

Regardless of your child's age, it is important to have a schedule for them during their additional time at home. Educators recommend providing structure to each day by allocating time to different activities and sticking to this on a day-to-day basis.

Home learning doesn't mean that you have to be the teacher. Use the things available to you, such as work sent by the school or the many online free resources.

It's also OK to decide when your child has had enough work. We know not everyone will be able to complete everything – try to be flexible and concentrate on what you see as the priorities for them right now.

### **Exercise**

Try to fit exercise into the daily routine. If outdoor activity isn't an option, there are many workouts or yoga classes for young people available on websites such as YouTube – Joe Wickes is a good starting point.

### **Have daily 'check-ins'**

Make sure at least one parent checks-in with the child every day. Taking time each day to ask about their day and how they are feeling gives the child an opportunity to share any worries or concerns they might have. It's very easy when you're looking at the Internet to feel more anxious because there's different news coming out all the time. A daily check-in is beneficial for both sides as the adult knows what the young adult is worried about and they know there's an expectation to share worries every day.

### **Encourage contact with friends**

It's easier for teenagers than children in this lockdown period as they're used to having remote contact with their friends on social media. Parents should encourage their children to stay in contact with people who are important to them. Everybody in the family needs their own support network. It might not be the same for each person.'

If you are concerned about their time spent online, the following organisations can provide useful advice.

#### **CEOP**

**[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)**

#### **The Children's Commissioner 'Digital 5 a Day'**

**[www.childrenscommissioner.gov.uk/our-work/digital/5-a-day](http://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day)**

**Net Aware NSPCC [www.net-aware.org.uk](http://www.net-aware.org.uk)**

**NSPCC Online Safety Helpline 0808 800 5002**