

A Guide to Home Learning

At Beverley High School

Sleep

- 1 Have a 'sleep schedule'.
- 2 Exercise – but not too late!
- 3 Avoid caffeine and nicotine.
- 4 Avoid large meals and drinks before bed.
- 5 Relax before bed.
- 6 Don't nap after 3pm.

Make your bedroom dark, cool and technology free.

Planning the day ahead

Get
up

Get
dressed

Have
breakfast

Set up your
work space

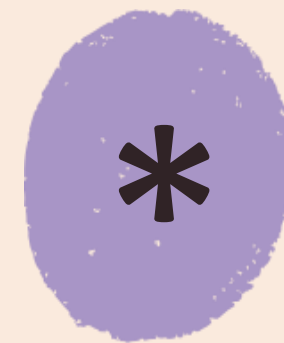
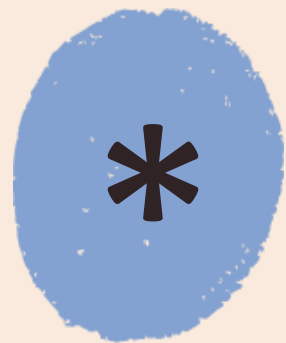
Stick to your
timetable

Plan
breaks

Try to get outside and get yourself moving



Have a list of things to study, break it down into small tasks and plan to do the hardest ones when you have the most energy.



What might my study plan look like?



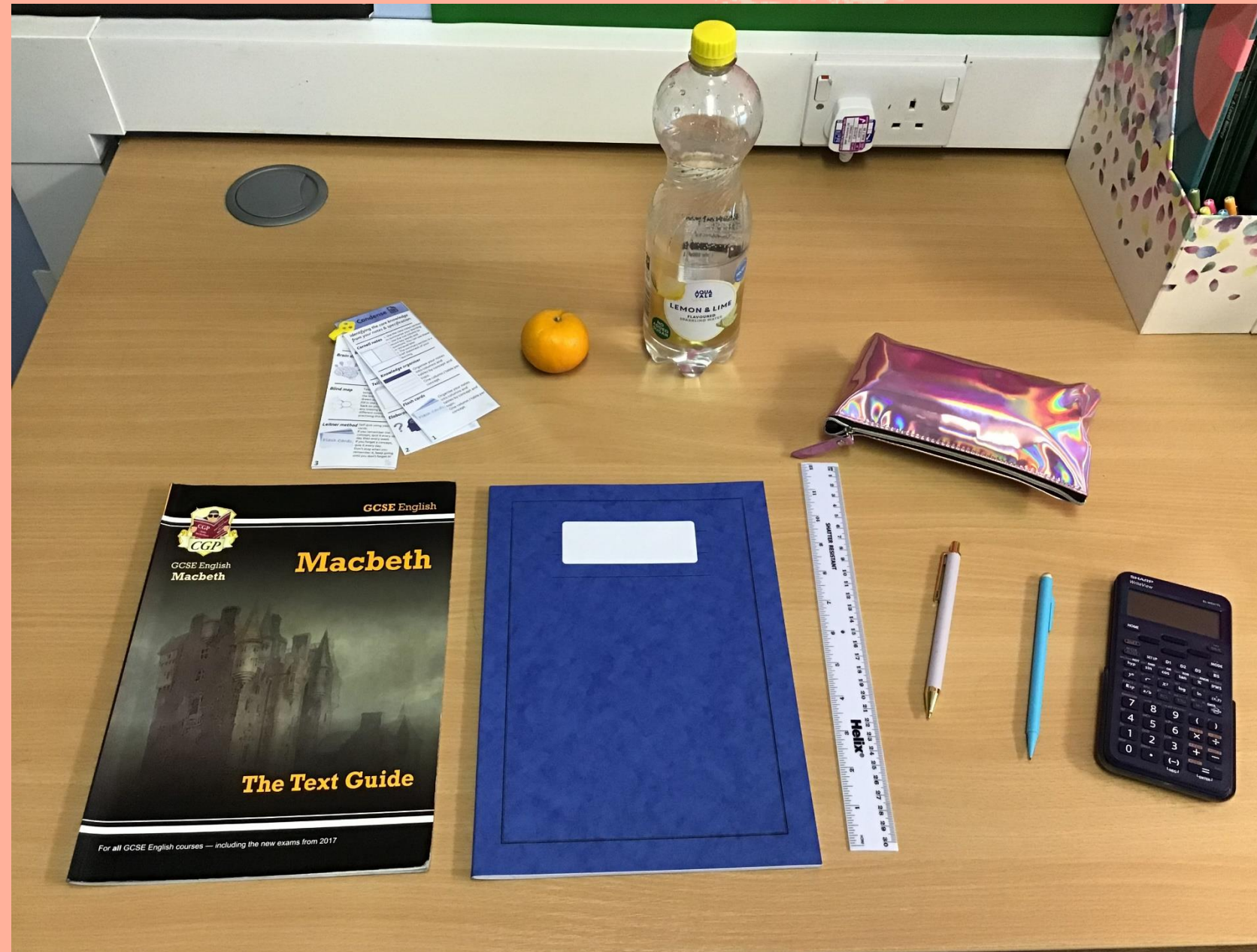
Time	Activity
9.00 -10.00	Maths – check MS TEAMS for lesson
Break	
10.30-11.30	English literature – Read and annotate chapter 7 (see email from Miss)
11.30-12.30	Languages – Use class textbook and complete page 53 (see MS TEAMS from Sir.)
Lunch	
1.00-2.00	Chemistry – Complete practice questions emailed from Miss
2.00-3.00	Art – Do 2 pages of my sketchbook (look at video on MS TEAMS)



Set up your space

- 1 Find an area in your house where you can sit comfortably and focus.
- 2 Make it separate to your relaxation space.
- 3 Ideally away from a TV screen or other distractions.

What might my study area look like?



Distractions

- Lock your phone away if you need to.
- Don't be afraid to ask your parents to intervene.





What if I'm stuck?

HELPING YOURSELF

1

Pause the video and rewind it a little.

4

Ask a friend.

2

Use the internet to research the key word.

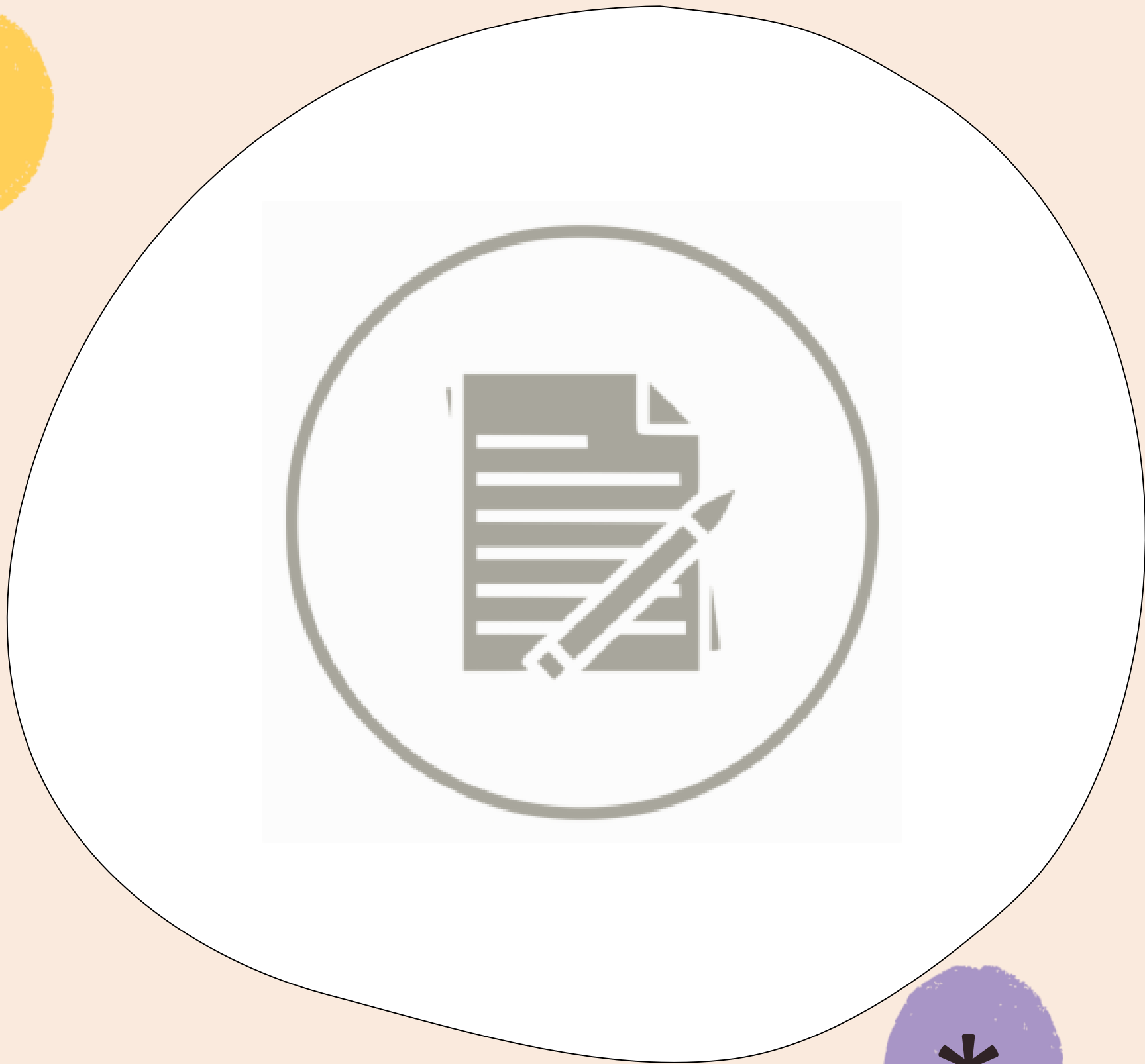
5

Contact your teacher.

3

Ask an adult.

Do not just ignore it, ask for help!



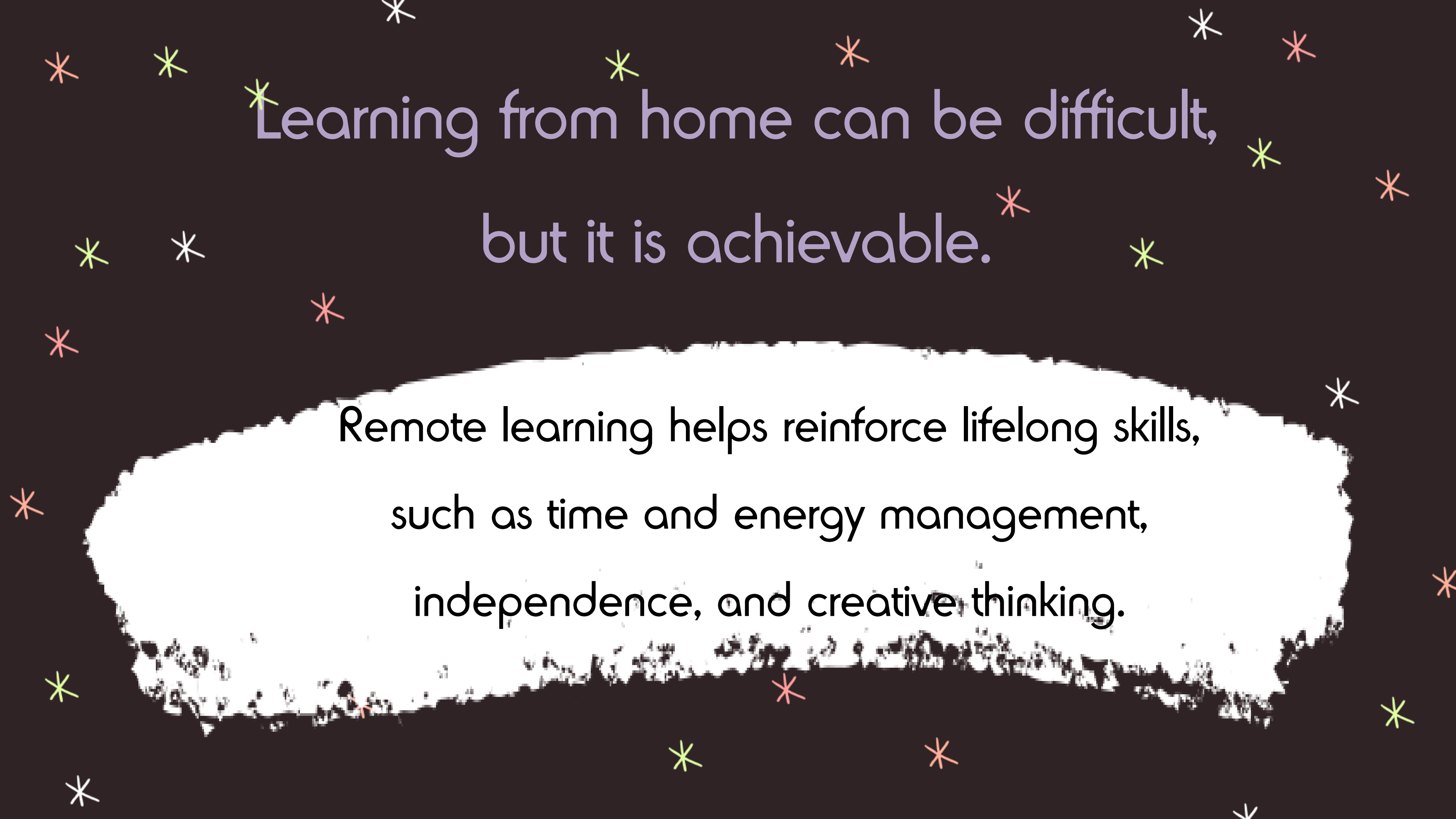
Notes

Questions?

Track your progress

Independent study

What you've found tricky



Learning from home can be difficult,
but it is achievable.

Remote learning helps reinforce lifelong skills,
such as time and energy management,
independence, and creative thinking.

Sleep

Planning your day

Setting up your space

Avoid distractions

Helping yourself

Keep notes

