



Sixth Form Remote Learning Guidance January 2021

I have written some notes to help you with completing your work whilst you are not in school. Don't forget that you can contact either Beckie or myself if you need help with **anything** whilst school is shut.

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You are also encouraged to keep in contact with your teachers using Satchel One, school email or MS Teams. Make sure you are frequently checking your school emails. Information will also be posted onto the school website sixth form area <https://plymstockschool.org.uk/sixth-form/>.

Helpful hints:

- Get up at your usual time for school, have breakfast, get dressed and sit at a desk or table to complete your work (if possible).
- Stick to your timetable in order to complete the work for all lessons. Ensure you are attending all live sessions as timetabled.
- Check Satchel One and your school emails each day.
- Plan your days – write a checklist of what you want to complete each day. Remember, you should be completing 5 hours of lessons and 5 hours of independent study for each subject each week.
- Use your time effectively to complete the tasks set on Satchel One, but also to consolidate your previous learning.
- Ensure you timetable breaks into your day.
- Sleep well! Make sure you keep a sensible bed time and wake up time each day so that you are well rested.
- Schedule time each day to revisit work completed on the previous day/week etc to help you learn it.
- Ensure you send completed work to your teachers as soon as possible.
- Keep distractions to a minimum when working. E.g. switch off your mobile phone and keep the TV off.
- Keep in contact with your class teachers and other class mates if possible to help you with any problems.
- Create a study group with your friends for your subjects to discuss work and help share problems – two heads are better than one.
- Be positive! You will probably have good days and bad days. Treat each day as a new one and make sure you do your best – this is all we can ask.