

MLPS



Studying At Home – Remote learning support booklet

KEEPING MOTIVATED



Set yourself goals each day.



Work towards completing a task.



Ask those around you to get involved in your learning.



Keep in touch with others who are in the same situation.



Researchers have found that a minimum of at least 20 minutes a day of any physical activity can create a positive mental attitude.

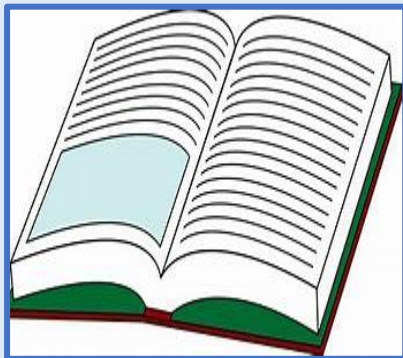
STAYING FOCUSSED



For every 50 to 60 minutes of study time, plan a 10 to 15 minuted 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 focussed and alert. For example, you might find that you retain more information during the morning.

Rewarding yourself



Having a cup of tea or coffee



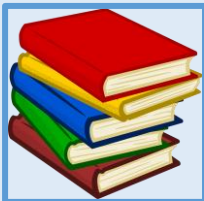
Eating your favourite healthy snacks



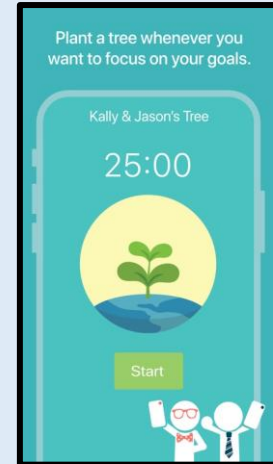
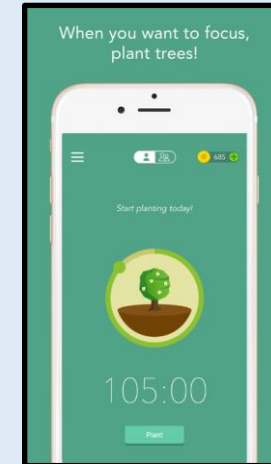
Watching television during your breaks



Chatting to friends online during your breaks



Reading a chapter from your favourite book



Flora – Focus Habit Tracker

It's important to take breaks and reward yourself for your hard work. There are also apps that help you put your phone down and reward you for remaining focussed.

App available for iphone and android.

MY WEEKLY PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home Learning	<i>Maths focus: Complete set tasks/carry out an online quiz</i>	<i>English focus: complete set tasks/carry out an online quiz</i>	<i>Creative day: Work on an art project / design idea</i>	<i>Subject selection: Complete set tasks or quizzes for another subject</i>	<i>Subject selection: Complete set tasks or quizzes for another subject</i>	<i>Spend time with family Watch a film Read a book Sleep and relax</i>	<i>Go for a hike or walk Do some yoga Bake a cake Sleep and relax</i>
Activities	<i>Going outside for a walk or run</i>	<i>Watching an episode from a series</i>	<i>Read a chapter from your favourite book</i>	<i>Do some general tidying – maybe your room!</i>	<i>Go outside for a walk or run</i>		

We've put some examples in, but feel free to add in your own!

IF YOU ARE PRACTISING KNOWLEDGE RECALL, HERE ARE SOME TOP TIPS:



Reward Yourself

In between sessions, eat your favourite (healthy) snack and watch a bit of TV.



Eat, sleep & exercise well

For your mind and body to perform at their best, you need to take care of yourself. Make sure that you get enough sleep, eat and drink well, and get regular exercise.



Time away from learning

Make a hot drink, but don't take it back to your desk with you. Drink it away from your workspace and try to relax.



Remember to pause

Go for a walk, or just sit outside for some fresh air.



Don't go it alone

Have a chat with someone that is also practising knowledge recall – you can give each other support and study ideas.



Believe in yourself

When we're faced with new challenges, we often forget about how far we've come and how much we've already learned. Try to replace worries with positive and proud thoughts.

SETTING UP YOUR LEARNING AREA



Natural lighting

Try putting your desk in front of a window – natural light helps constrict your pupils which helps the reading ability of your eyes.



Clear study space

If your workspace is messy, this can have a negative impact on your work and motivation. Having a cluttered desk or table can slow you down and make you feel overwhelmed.



Sitting to study

Sitting to study – sitting for too long or using an uncomfortable chair can sometimes lead to health problems. It's important to find a chair that you feel comfortable in and doesn't make you slouch or have to reach too high to the desk or table.

LOOKING AFTER YOUR MENTAL HEALTH

Talk about your feelings – this isn't a sign of weakness, it's part of staying healthy.

Keep active – regular exercise can help you concentrate, sleep and feel better.

Keep in touch – try not to isolate yourself, catch up with friends on the phone or spend time with your family.

Ask for help – we all sometimes get tired or feel overwhelmed. If things are getting too much for you, ask for help.

FOODS TO BOOST YOUR BRAIN

Many foods can help 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.
- * **Broccoli** contains a decent amount of protein compared to other vegetables.
- * **Potatoes** are loaded with potassium and contain a little bit of almost every nutrient you need, including vitamin C.

ONLINE SUPPORT

To help support you and your mental health, Headspace is offering free meditations for sleep and movement exercises to help support a positive mood. www.headspace.com/covid-19

There are simple things that you can do to look after your mental health. The 'Every Mind Matters' campaign gives you free advice, tips and plans to follow. www.nhs.uk/oneyou/every-mind-matters

ADVICE FOR PARENTS

- 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.
- 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.
- Your child will still need to socialise with their friends and peers. If this is not something they can do face to face, then it is important to allow them time to chat to friends on things like Facetime for example. If you are concerned about their time spent online, the following organisations can provide useful advice.

CEOP

www.ceop.police.uk/safety-centre

The Children's Commissioner 'Digital 5 a Day'

www.childrenscommissioner.gov.uk/our-work/digital/5-a-day

Net Aware NSPCC

www.net-aware.org.uk

NSPCC Online Safety Helpline

0808 800 5002

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Home Learning							
Activities							



Marsh Lane Primary School: enquiries@marshlane.derbyshire.sch.uk