



20th January 2021

Remote learning timetable

Dear Parent/Carer,

As we look to support students' remote learning over this extended period, we are conscious of the significant increase in screen time that both staff and students are facing. Evidence suggests that increased screen time negatively impacts our wellbeing through its effect on both our moods and sleep patterns, and can also have a physical impact on our sight.

With this in mind, we have reviewed our Academy timetable for this period of lockdown and will be introducing regular screen breaks throughout the day. Alongside this, the whole school will be moving to the same timetable which will help support those students accessing lessons through the in-school childcare provision. The timings of the school day for this period of remote learning are below.

8:40-9:00am	Tutor Time
9:00-9:50am	Learning Period 1
9:50-10:00am	<i>Screen Break</i>
10:00-10:45am	Learning Period 1
10:45-11:00am	Break
11:00-11:50am	Learning Period 2
11:50-12:00pm	<i>Screen Break</i>
12:00-12:45pm	Learning Period 2
12:45-1:20pm	Lunch
1:20-2:05pm	Learning Period 3
2:05-2:15pm	<i>Screen Break</i>
2:15-3:00pm	Learning Period 3

It is important that we all take the best advantage of any break in screen time. Some suggested activities for screen breaks are below:

- Make a healthy drink and snack
- Yoga/meditation
- Open the window and look out
- Walk the dog/go for a walk outside
- Kitchen disco!
- Keep fit exercise indoors or in your garden

All these activities will support students physically and mentally and enable them to engage more fully in their online learning.



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As staff, we are all conscious that this is a difficult time for students and their families. If your child is experiencing any feelings that you are struggling to manage, please do contact your Form Tutor or Head of Year so that they can receive the support they need.

Mr Owen
Deputy Head of School



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