



OBHS

Home Learning

Advice &

Guidance

January 2021

You've worked hard to develop these Habits, now use them!

Independence: self-motivation, self-direction, organisation are all essential. Get up, get on, get it done!

Ambition: look for every learning opportunity there is. Set yourself challenges and work to achieve them.

Creativity: learning will look and feel very different over these next few weeks, tackle tasks in your own way, be creative in your approaches. Wonder, explore, investigate!

Collaboration: working together might look very different during this time, but your teachers are all still here for you via email and want to work with you. Support one another – use technology to your advantage!

Resilience: probably the most important Habit of all. Work hard to maintain relationships with others; stick with difficult situations and learn to tolerate uncertainty.



It is important that you know that while you might not be at school, the school – and all of its staff are still here for you. Teachers will be contactable by email throughout the week (normal school days and opening times) to answer any questions you have. They will also be giving you feedback on work you submit – either through one of the online learning platforms or via email. It is really important to us that you know we are here and that you get in contact as and when you need any help and support.

It's so tempting to see this as an extended holiday, how do I make sure that I stay focussed on my learning and don't fall behind?

- Follow your timetable and access the relevant class tile on Microsoft Teams to attend the live lesson or view the recorded lesson.
- Update your teachers on your progress with the work set, ask questions if you get stuck or ask for feedback via email (you must email from your school email account to theirs) or using the chat function during the lesson.

Completing the work set is so important, if you don't use this time and your teacher's time and resources wisely, you are at risk of falling behind. It will be difficult to catch back up.

- In addition, if you find you want more, there are lots of places you can find additional learning resources. Teachers would love to hear about extra work you have done and might have some suggestions on what to try next.
- We have included links to lots of useful websites here: <https://www.obhs.co.uk/learning-from-home/>

Resources from the BBC:

The BBC have a brilliant website (<https://www.bbc.co.uk/teach>) which includes various resources you might like to make use of in addition to the lessons your teachers are setting. Here (<https://www.bbc.co.uk/teach/teaching-from-home-advice-for-parents/zv6bbdm>) you will find a section with BBC Teach Video Resources, Links to Live BBC Teach Lessons, and links to all of the BBC Bitesize resources and activities.

It's so important that you stay happy, fit and healthy during this time. We have included some top tips and links to some great resources below to help you to keep your body and mind healthy.

Keeping your body healthy

It is important you stay active!

While you need to follow government advice regarding social distancing, it is still important that you exercise regularly and get fresh air. The wonderful thing with living in the countryside, is that you are able to do this without coming into contact with other people.

Joe Wicks (The Body Coach) is running PE lessons every morning at 9.00am from the 12th January. These will be shown live on his YouTube channel. Joining in with these would be a great way of staying fit and active.



The NHS have published Strength and Flex podcasts. These are exercises which can be done

at home and with no equipment: <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

If you have permission from your parent(s) or carer(s), why not head outside for a walk, run or bike ride?

- If you are walking or running with someone else, it is essential that you keep your distance and are no closer than 2 metres to another person;
- Make sure you are wearing something visible and reflective if it is early in the morning or later in the afternoon. A cycling helmet is a must if you head out on your bike;
- Make sure that someone knows where you are going (your route) and how long you will be.
- If you fancy trying to become a better runner, you could try something like Couch to 5K. There is a link on the NHS website to this: <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>;
- If you are already an experienced runner, you might like some of the 5K+ podcasts you will find here: <https://www.nhs.uk/live-well/exercise/couch-to-5k-plus-running-podcasts/>



It is important you eat healthily

Eating a balanced and varied diet is essential. Often, not eating enough of the right foods will lead to you feeling under the weather, tired and sluggish. **The BBC good food website** have a whole range of recipes which are both varied and budget-friendly. How about trying some of these: <https://www.bbcgoodfood.com/recipes/collection/cheap-and-healthy>



The importance of sleep

Between the ages of 11 and 16, you need between 9 and 11 hours sleep each night in order to fully refresh yourself and recharge your batteries. There is also a lot of medical evidence which suggests that getting enough sleep each night keeps you healthy and more likely to be able to fight off illnesses. <https://www.sleepfoundation.org/articles/how-sleep-affects-your-immunity>



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Keeping your Brain Busy

Vary the way that you learn and keep your brain busy

In addition to the school work you are set on Go4Schools and Teams, it's important that you have plenty to do to keep your brain busy. While it might be tempting to sit in front of the TV, or lay in bed at every opportunity, it is much healthier to stimulate your brain doing things you enjoy. We have included some things you might like to try below.

Let's Think in English (LTIE) Blog

- As a Let's Think in English School you have access to all of the LTIE resources. They have created a blog which – if students engage with they will update weekly with new resources. There are resources on art, poetry, film and online books. To access the blog, please visit: <https://islingtongovuk.i2bloggy.com/ltesec/> You will not need to enter your email address They do not need to enter their email address when posting, just first name and school. There is a pause before posts are displayed as they have to moderate all posts. The resources could be used individually but they would work really well for families to explore together.

Creative projects and ideas

- This is a great website with loads of activity ideas for those of you who are missing the more practical and creative lessons from school. Why don't you give some a try and send your teachers pictures of the things you create? <https://diyprojectsforteens.com/>

STEM projects and ideas

- There are loads of great STEM (Science, Technology, Engineering and Maths) websites out there. We have included a few of the good ones below in the hope that they might take your fancy.
 - <https://blogshewrote.org/100-stem-projects/>
 - For the budding engineers among us: <https://ihomeschoolnetwork.com/teens-engineering-careers/>
 - <https://www.steampoweredfamily.com/activities/summer-stem-activities/>





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Keeping Your Mind Healthy

Heads Together have published a free toolkit with resources and tips to help address anxiety arising from these challenging times. There is a great section on the website about self care: <https://www.annafreud.org/on-my-mind/self-care/>

Young Minds Helpline Young People

YoungMinds Crisis Messenger: If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support

The Young Minds website is here: <https://youngminds.org.uk/>



Additional Links and Services for Parents

Heads Together: The toolkit includes a booklet to support schools and parents, videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children. <https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>

Nelson’s Journey have put together some great advice for parents and carers supporting young people who might find this time difficult to deal with. <http://www.nelsonsjourney.org.uk/coronavirus-anxiety/>

Young Minds Parents Helpline: If you are a parent who needs advice about your child’s mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm

Food Banks Available:

Attleborough: <http://www.attleboroughmethodistchurch.org.uk/food-bank/>

Thetford: www.thetford.foodbank.org.uk