11 May 2020

Dear Year 10 students, parents and carers,

I hope you and your families are well and you enjoyed the bank holiday weekend. Welcome to week four of online learning, I hope you are now feeling more confident using GCSEPod and Teams. I am still extremely proud of the way you are dealing with online learning and how hard you are working. Our message remains the same and you can only do what you can with the resources and abilities available to you.

We recommend you spend approximately three hours a day on schoolwork with one hour on each subject. Please try not to worry about your work and remember staff are here to support you. Many of you have contacted me saying you are feeling a bit overwhelmed and unmotivated. I find sticking to a routine really helps with motivation and managing stress. I suggest that you make a timetable that you can stick to with breaks and time for other activities.

Here is an example of a simple timetable you may wish to use. You can of course change the times and the subjects you do each day.

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| --- | --- | --- | --- | --- |
| Day | 10-11 | 11:30-12:30 | 1:30-1:45 | 1:45-2:45 |
| Monday | Making a plan for the week | English | Reading | Option |
| Tuesday | Maths | Option | Exercise | Revision |
| Wednesday | Science | Family time | Tutor time | Revision |
| Thursday | Option | Revision | Exercise | Family time |
| Friday | Catch up time | Catch up time | Tutor time | Work submission |

If you have subject specific questions or need any help with your assignments, please use the Team chat to ask your teacher. If you have any general school issues or you are having problems with Teams or GCSEPod please contact us at info@wsfg.waltham.sch.uk  We want you to feel supported and we will do whatever we can to help you at this difficult time.

Remember if you are wanting to extend learning but in a less formal way, may I suggest that you look at documentaries on BBC iPlayer, All 4. Ted Talks on YouTube, reviewing work that you have already covered, great time to be making your revision cards, mind maps. But please be assured that we are preparing for your return and we are ready to make sure that you will be fully ready for your GCSE exams in June 2021.

Remember to do something you enjoy every day if you possibly can. You could phone a family member or a friend you haven’t spoken to for a while, go for a walk, go for a bike ride, watch a film, watch an episode of your favourite series, listen to music, play an instrument, play a game with your family, draw, paint, bake, craft, knit, complete a workout or do some yoga. These are activities that will make your day more ‘normal’ and make you feel more positive.

Please remember our Tutor Time on Wednesday and Friday at 1:30 p.m. which gives you the opportunity to catch up with your tutor and stay connected with friends within your form class.

Hope you have a lovely week and stay safe,

Mrs Careless-Pye

Student Progress Leader Year 10