



Independent Learning - Advice for Students

Being self-motivated with your school work can be a challenge, but it is really important that you keep learning so that you don't fall behind. Here are a few tips to help you:

- 1) Have a routine and stick to it. You may want to follow your school timetable, or even get into school uniform when you're working!
- 2) Stay in touch with your teachers via email or Insight. Try and only contact them during school hours (8.30 - 4.30)
- 3) Take regular breaks away from your TV, computer and mobile phone
- 4) Be safe online - don't share your passwords or personal information with anyone ever
- 5) Check Insight every day for any new Independent Learning tasks and make a list of what you need to complete every week
- 6) Make time for your own mental wellbeing: get some fresh air, do something creative, practise mindfulness etc.
- 7) Be respectful to your teachers when contacting them, and also to your parents and anyone else living in your house
- 8) Stay active : aim for at least 30 minutes of exercise a day
- 9) If you are worried about your own safety and wellbeing, please contact your Head of Year, Ms. Kamei and Ms. Brown.