

Year 8: Remote Learning Procedures: *parental guidance*

All subjects have created revision classrooms and students have been invited. The classroom codes are:

English	kffdyru	French	ugiqctt
Maths	yyrqzt2	Spanish	f3nmkfr
Science	g7rev66	Computing	fvnjilx
Geography	ptmcxs4	Art	bwob63f
History	plgtfkm	Drama	sbolv5s
RE	n3oaesk		

Work will be published at 8:30am on a Monday morning for the week ahead in all of the classrooms.

Expectations:

- Students are expected to spend the same amount of time on each subject as they would at school. For example if they have 2 lessons of Geography (100 minutes) then the work set will take this amount of time also.
- Students will be asked to submit some work every three weeks (at a minimum) for their teachers to mark and feedback to them.
- Students will be able to email their teachers any questions they may have about their work. Staff will respond within the normal school working hours and within 24 hours of the email being sent. If a response is not given due to ill health then parents can email Head's of Departments or members of the Senior Leadership Team.

We strongly encourage students to remember to carry out FBS activities at home as well:

- Where possible can there be some daily exercise? (see next page)
- Reading (#realmenread) - Please read this [link](#)
- Enterprise - how can our core values as a school still be demonstrated? Take a look at the Amnesty International website: <https://www.amnesty.org.uk/>
- Christian ethos - all boys will be invited to a Google classroom where thoughts, videos and articles will be posted on a regular basis. We hope these will be interesting and encouraging and, as always, boys are encouraged to learn, think, question and challenge.
- Make sure you look after your and your son's mental health and wellbeing. There is lots of helpful advice here: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/> . Boys can also access online mental health and wellbeing support and counsellors at www.kooth.com
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What could you ask your son about his work?

- What work have you been set that needs to be completed this week?
- Can you show me what you need to do?

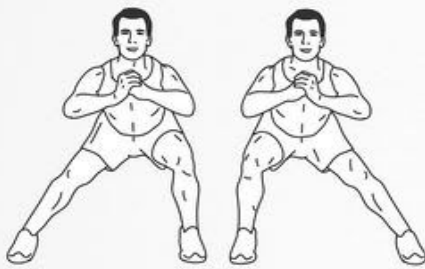
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- How long do you think you should spend on this work?
- What is the most difficult thing about this work?
- Is there any extra reading or research you could do about this topic?
- What is the most interesting thing about this topic?
- How can I help?
- When is the deadline to send it to your teacher?

MATRIX

workout

"I KNOW KUNG FU"



20 side lunges



40 high knees



10 fast drop squats



40sec one leg stand



20 forward leg raises



20 planks w/ rotations

sets level I 3 sets level II 5 sets level III 10 sets **rest between sets** up to 2 minutes

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Look after your body- exercise app free to download: FIIT (search on app store) <https://fiit.tv/>

Look after your mind- mindfulness app free to download (search on app store) www.headspace.com/

If you need to talk: email your HoH. download Kooth (free on app store) <https://student.kooth.com/>