



# Remote Learning Timetable

To simplify our school day, we are introducing new Remote Learning lesson times.

These are effective from 11<sup>th</sup> January 2021

	Start	Finish
P1	9:00	9:45
P2	10:00	10:45
Break		
P3	11:15	12:00
Lunch (once a week 15 min tutor period)		
P4	1:00	1:45
P5	2:00	2:45

## Top Tips for Remote Learning



Try and find a space in your home that you can associate with getting work done



Have structure to your day. Follow the lessons in your timetable order. Get up & dressed before P1



Make sure you give yourself plenty of breaks so that you can maintain high levels of concentration and focus



We all get distracted by social media. During your online lessons try not to check those apps or turn off notifications



We all know our brains work better when they have fuel. Make sure you stay hydrated and don't skip meals



To stay alert and to feel good throughout the day, make sure you stand up and move about between lessons. During breaks and lunch turn off your screens!



Ask for help if you are struggling - just like you would at school! If it's with your work, contact your teacher. If it's something else, speak to your parents, tutor or year office