

Online Digital Timetable – Closure Schedule

Timetables below outline when students should be expected to complete their remote learning tasks. The sessions highlighted in yellow will be their “Live Learning” sessions. Class teachers will invite students to participate in live lessons via the Microsoft Teams application. Lesson invites will be sent to student emails. Student and parent guides have been shared and are available from the Academy website. Lessons in red are designed to encourage reading for fun and physical exercise, both of which may support student mental wellbeing.

Year 7-9 Expectations:

- One Live Learning experience per fortnight
- One Video tutorial per fortnight
- One group feedback per fortnight

Year 7

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:50-9:50am	History	Computer Literacy	Technology	Art	Geography
Period 2 9:50-10:50am	Physical Exercise	Music	Performing Arts	MFL	Reading/Literacy
Period 3 11:05-12:05pm	Maths	Reading/Literacy	Maths	Maths	Maths
Period 4 12:05-13:05pm	English	English	Physical Exercise	English	English
Period 5 13:45-14:45pm	Science	Science	Science	Reading/Literacy	Science

Year 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:50-9:50am	Science	Science	Science	Reading/Literacy	Science
Period 2 9:50-10:50am	Computer Literacy	Technology	Art	Geography	History
Period 3 11:05-12:05pm	Music	Performing Arts	MFL	Physical Exercise	Reading/Literacy
Period 4 12:05-13:05pm	Maths	Physical Exercise	Maths	Maths	Maths
Period 5 13:45-14:45pm	English	English	Reading/Literacy	English	English

For Years 9-13, their timetables have been split to reflect their option blocks. These option blocks relate to the class codes that show on the student timetables. For example, if the class code starts 9A then the subject belongs to block A, if the class code starts 9B then the subject is in block B, etc. This code is only required for the student option subjects not their core lessons.

Year 9

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:50-9:50am	English	English	Reading/ Literacy	English	English
Period 2 9:50-10:50am	Science	Science	Science	Physical Exercise	Science
Period 3 11:05-12:05pm	Option Block A	Option Block C	Option Block B	Option Block C	Option Block B
Period 4 12:05-13:05pm	Option Block B	Option Block A	Physical Exercise	Option Block A	Option Block C
Period 5 13:45-14:45pm	Maths	Reading/ Literacy	Maths	Maths	Maths

Year 10-13 Expectations:

- One Live Learning experience per week
- One Video tutorial per week
- One group feedback per week

Year 10

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:50-9:50am	Maths	Reading/ Literacy	Maths	Maths	Maths
Period 2 9:50-10:50am	English	English	Reading/ Literacy	English	English
Period 3 11:05-12:05pm	Science	Science	Science	Physical Exercise	Science
Period 4 12:05-13:05pm	Option Block C	Option Block A	Option Block C	Option Block A	Option Block B
Period 5 13:45-14:45pm	Option Block B	Physical Exercise	Option Block B	Option Block C	Option Block A

Year 11

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:50-9:50am	Reading/ Literacy	Reading/ Literacy	Option Block B	Option Block C	Option Block A
Period 2 9:50-10:50am	Maths	Physical Exercise	Maths	Maths	Maths
Period 3 11:05-12:05pm	English	English	Reading/ Literacy	English	English
Period 4 12:05-13:05pm	Science	Science	Science	Physical Exercise	Science
Period 5 13:45-14:45pm	Option Block D	Option Block C	Option Block A	Option Block D	Option Block B

Year 12&13

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:50-9:50am	Block A	Block F Ext Proj, Ma Resit	Block D	Physical Exercise	Block C
Period 2 9:50-10:50am	Reading/ Research	Block B	Block D	Block A	Block C
Period 3 11:05-12:05pm	Block F Ext Proj, Ma Resit	Block A	Block C	Block B	Block D
Period 4 12:05-13:05pm	Block B	Block E Ext Proj, Eng Resit	Block C	Block D	Physical Exercise
Period 5 13:45-14:45pm	Block E Ext Proj, Eng Resit	Block A	Reading/ Research	Block C	Block B

Below are a few links to advice that include tips on managing time at home when isolating and/or working. Also attached a 'Coping Calendar' from Action for Happiness with some ideas on strategies to use during this time.

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.bbc.co.uk/news/health-51873799>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.actionforhappiness.org/news/covid-19-how-to-respond>

A fantastic service for our young people is Kooth.

<https://www.kooth.com/>

This is a free, anonymous service. Kooth provides online mental health and wellbeing support to young people via any internet accessible device. It provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.



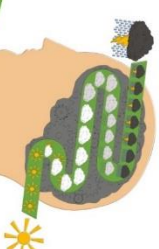
COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

 “Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys