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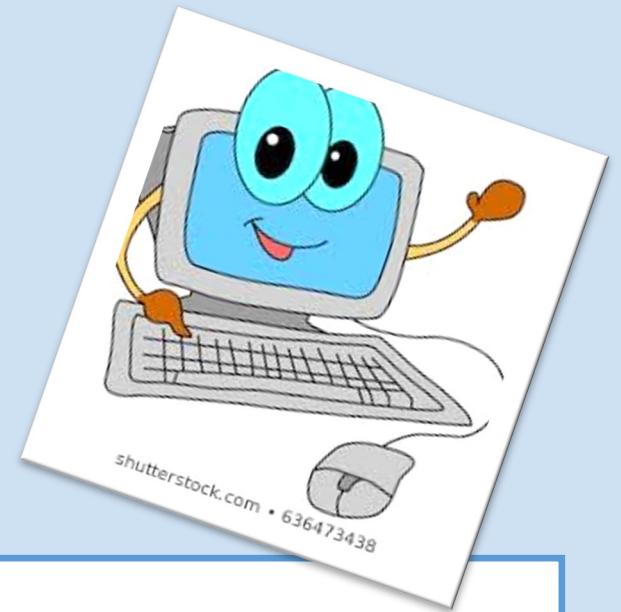
THOMAS
ESTLEY
COMMUNITY
COLLEGE

Remote Learning Guide

A Guide for
Parents and
Students in
accessing
learning online



Introduction



How will teachers be setting work? Whilst we are closed, we do expect students to continue to work from home to ensure learning continues during time away from school.

Work will be set for each year group by staff by the end of the day on Friday ready for the following school week. No work will be set during school holidays but there are plenty of learning activities and reading recommendations.

Information on how to access work is contained in this booklet and staff can be contacted via email if you have any more questions.

We appreciate this work will not completely replace what would be normally covered in lessons but all work set will be meaningful and useful and as such, it is important that it is completed.

Expectations

We would recommend a minimum of three hours per day of focused study. If your child needs to contact your teacher to discuss the work, please find their school email address listed at the end.

We recognize that this is a challenging time for our students and families, therefore we also recommend that students engage in activities around their wellbeing. Examples include reading for pleasure, exercise, researching their own areas of interest.

The work provided will focus on retrieving and securing knowledge learned during this academic year.



How to help at home?

We appreciate that in the first instance the transition to remote learning can prove challenging to students and families. The guidelines below are intended to support parents and encourage them to consider how they can help their children make the most of the remote learning resources and environments available to them.

Establish routines and expectations

We encourage students to maintain their usual school schedule. Please see the recommended timetable further below

Define a physical space for study

We encourage families to establish a space where their children can learn most effectively

Monitor communication from your child's teacher

Teachers will communicate through email when necessary. Students should check their email through-out the day

Begin each day with a check in

Parents are encouraged to check in at the start and end of the day. Checking can support your child to self-regulate

Encourage physical activity

Make sure your children engage in some form of physical activity. This is important for their health and general well-being.

Monitor how much time your child is spending on line

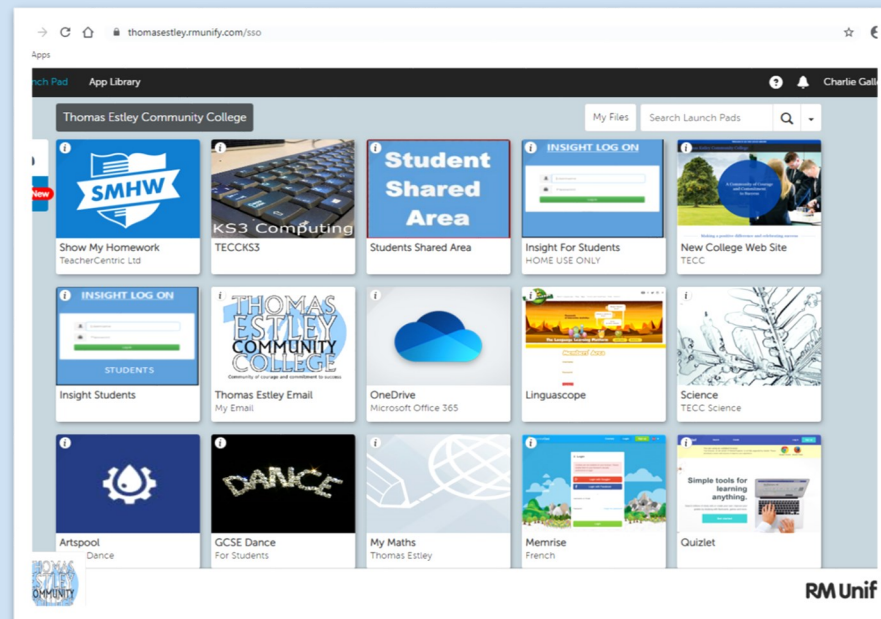
Remote learning involves more screen time than usual. Through the remote learning plan, we aim to achieve a balance of screen time and non-screen time activity

How will work be set?



All work will be set through Show My Homework. Students access this through RM unify <https://sts.platform.rmunify.com> and by logging on with their school email and school password.

Teachers will feedback on completed work via Show My Homework where appropriate.



What work will be set?

Resources may include: Teaching notes, teaching PowerPoints, online demonstrations, online tutorials for all; for Year 11 GCSE Bitesize or similar 'Review and Test' work – the students need to learn new work not just revise old work unless in Year 11 – Year 7-10 in particular should be able, using the work you signpost/upload, to learn new work and continue with normal programmes of study.



To-do list

Issued Completed

Filter list by using key words in the search box

Search...

Past due

Wednesday 18 December
Reading Task
 Hi all, Please read Act 3 of Romeo and Juliet before our lesson on Wednesday! We will be doing a very quick skim read in lesson and then starting on our task so it's...
 Flexible task for group 13X/En1 - English - Miss H. Chapple

Tuesday 24 December
Bacteria - Danger Zones!
 Find out about the 'danger zone' (for temperatures) where bacteria can grow on food. Find out what the temperatures are for safe storage of food in a fridge and...
 Homework for group 13X/Fr1 - Food Technology - Miss H. Chapple

Wednesday 25 December
Poetry Quiz
 Quiz for group 13A/Ma1 - English Literature - Miss H. Chapple

Next week

Tuesday 07 January
The Great Powers: Britain and Germany
 Quiz on Britain and Germany in the early 20th century. You need to take the test 3 times please to get the best scorer you possibly can!
 Quiz for group 13A/Ma1 - History - Miss H. Chapple

Later

Monday 18 May
Spanish Test
 Spelling test for group 13B/Bs1 - Spanish - Miss H. Chapple

Download our free app or use on a desktop

Keep on top of your to-do list

Your work is organised by due date

Stay updated when you're away from school

Tick off your work when it's done - so simple!



The benefits of Show My Homework

Make a Greek Theatre style mask 13B/Bs1

Description Results

Miss H. Chapple set this assignment for group 13B/Bs1 - Drama

Set on Mon 18 Nov Due on Mon 25 Nov

Task description

Research, design and make a mask in the style of those used in Greek theatre:

1. **Choose a character from Greek theatre or Greek mythology.** It might be a god, such as Aphrodite or Zeus, a creature like Medusa or the Minotaur, or a mortal, such as Hercules or Pandora. It might be a character from Greek literature, such as Oedipus or Antigone.
2. **Research** the character - especially what they might look like and what their **ruling emotion** might be - and also research what Greek theatre masks looked like.
3. **Make your mask.** You can choose what materials you use, such as plain mask from a hobby store, or a mask you make from papier-mache or modrock. Use colours to signify / symbolise aspects of their character or emotion. Add materials for hair or any other details you think are appropriate.
4. **Bring your mask to the drama lesson** (check the deadline) where you will use it to create a piece of drama, and it will be formally assessed.

Any questions, just go and speak to any of the drama teachers.
 Please use the attached resources and web links!

Other information

- This homework will take approximately 4 hours
- Miss H. Chapple would like you to hand in this homework in class

Resources to help you

PDF Additional_Homework_inform.pdf Download

Web links

www.youtube.com/watch?v=... www.youtube.com/watch?v=... www.youtube.com/watch?v=... www.teachinghistory100.org...

Click on a task for more details

All the info you need from your teachers

Links and resources attached to help you

No more scribbling down homework notes!

Links to Learning



Students can also access: <https://thomasestley.org.uk/learning-links>

This link provides a range of subject specific online resources. These can be specified by class teachers when setting work on ShowMyHomework, but can also be used in isolation if additional study is required.

<https://sts.platform.rmunify.com> This link will direct students to the students shared area which includes subject specific resources. Teachers will direct students via instructions provided on ShowMyHomework if this is required

Something From the Library

Can't get access to books – don't worry! You can find loads of great novels on-line!

There are a lot of opportunities to access free audio books on-line during the lockdown. Here are some websites offering free resources.

Who can deny that David Walliams is one of the most popular children's authors of today and all his books are very popular in the TECC Library. Why not listen to him reading his own short stories every day?

<https://www.worldofdavidwalliams.com/elevenses/>

Listening to Shakespeare, read by an accomplished Shakespearean actor, can help us to understand the language and nuances that can be so difficult to grasp when reading it. Become familiar with Shakespearean language listening to the wonderful Patrick Stewart!

<https://londonist.com/london/books-and-poetry/patrick-stewart-is-treating-twitter-to-one-shakespearean-sonnet-a-day-during-lockdown>

The following sites have lots of free books to listen to – have a trawl through and maybe choose something familiar, or why not something new!

<https://stories.audible.com/start-listen>

<http://www.openculture.com/freeaudiobooks>



Keeping physically healthy



Top Tips for Staying Physically Active during this time;

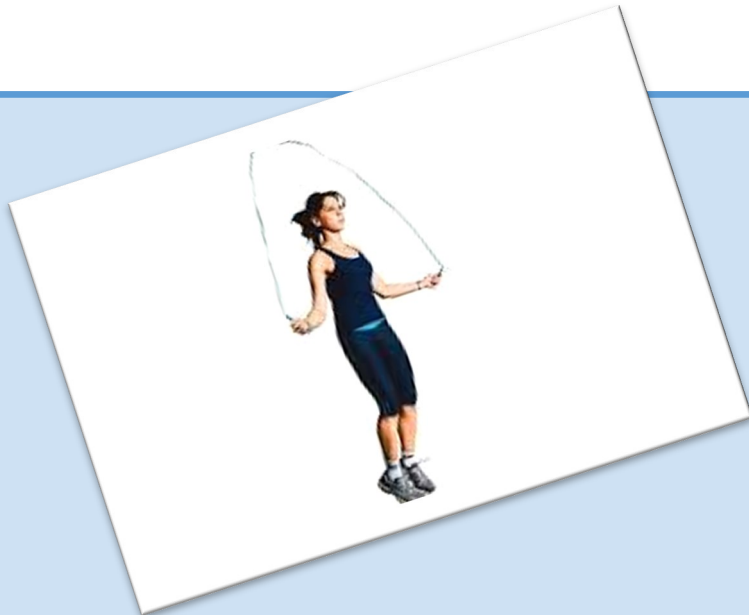
- ⇒ **Try classes online**—Joe Wicks, known as The Body Coach, <https://www.thebodycoach.com/> has made it his mission to keep parents sane by offering daily online PE lessons to children during the lockdown, while Australian personal trainer Kayla Itsines is also popular
- ⇒ **Dance to music**—Dancing is a great exercise. It is full of fun as well. All you need to do is play your favourite music and dance. It will help you burn calories and you will enjoy it at the same time.
- ⇒ **Play active video games**—Video games can also help you involve physical activity to your routine. Play games that involve physical activity. Many will enjoy this physical activity the most. You will burn calories through this method.

Keeping physically healthy

Top Tips for Staying Physically Active during this time;

- ⇒ **Try skipping rope**—Skipping rope is one simple exercise that does not require many resources. One simple skipping rope is enough for your complete body workout. Jumping rope is one of the most effective exercises which you can practice at your home.
- ⇒ **Gardening** - If you are lucky enough to have a garden, get out in it. In fact, the nation's most avid gardeners probably won't notice the lockdown at all.
- ⇒ **Meditation**—Aimed at slowing the heart rate rather than raising it, meditation might just keep you sane and save your relationships after a month cooped up with your nearest and dearest.

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



Keeping physically healthy



The PE department are putting 2 practical PE lessons together each week. This is set on show my homework but accessible on the link below also

<https://thomasestleycc.sharepoint.com/sites/Curriculum/SitePages/Home.aspx?RootFolder=%2Fsites%2FCurriculum%2FShared%20Documents%2FPE&FolderCTID=0x01200052D0E8D3FB40714BB6262A97311EA103&View=%7B738E47D4%2D2A3C%2D4D63%2D84F3%2D61833D3644DA%7D>

Keeping Mentally Healthy

<https://wellbeingatthomasestley.blogspot.com/>

1. **Stay connected with others**—Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends.
2. **Talk about your worries**- It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.
3. **Look after your body**—Try to eat healthy, well-balanced meals, drink enough water and exercise regularly
4. **Do not stay glued to the news**—Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts



Keeping Mentally Healthy

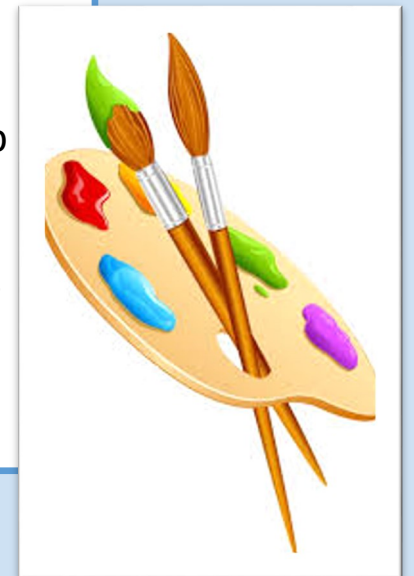
<https://wellbeingatthomasestley.blogspot.com/>

5. Take time to relax—This can help with difficult emotions and worries, and improve our well-being. Relaxation techniques can also help deal with feelings of anxiety.

6. Think about your new daily routine- is changing for a while and you are likely to see some disruption to your normal routine. Think about how you can adapt and create positive new routines and set yourself goals. You might find it helpful to write a plan for your day or your week. If you are working from home, try to get up and get ready in the same way as normal, keep to the same hours you would normally work and stick to the same sleeping schedule.

7. Look after your sleep—Good-quality sleep makes a big difference to how we feel, so it's important to get enough. Try to maintain your regular sleeping pattern and stick to good sleep practices.

8. Keep your mind active—Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting.



Keeping Mentally Healthy

talk@thomasestley.org

The government's insistence on social distancing means that we might not see friends for a while and may only have phone contact with anyone not in your immediate family. Missing out on seeing people every day might start to take its toll.

If you start to feel lonely and anxious about this you are certainly not alone. The pastoral team is contactable through talk@thomasestley.org.uk and here are some other reputable resources and organisations that can help.

Useful website for advice for anxiety around covid 19

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.bbc.co.uk/news/av/health-52044339/coping-with-coronavirus-anxiety>

Practical story to use from Autism Out Reach

[\\tecc-file01\staff\\$\emiliaplumb\Documents\The-Corona-Virus-Free-Printable- \(2\).pdf](\\tecc-file01\staff$\emiliaplumb\Documents\The-Corona-Virus-Free-Printable- (2).pdf)

National Autistic society has some resources to use at home

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

Dyslexic parent support

<https://studyingwithdyslexiablog.co.uk/blog/corona-virus-parent-support>

Frequently asked Questions

As a parent how do I log on to show my homework?

There are separate log ons for parents and students. Parents have been sent a pin through the post with instructions of how to log on. If you have not received this then please contact myoung@thomasestley.org.uk and we can reissue this.

As a student how do I log on to show my homework?

As a student there is not individual password or pin to log on with. You have to access this through the rm unify portal. To do this you can simply google rm unify, put your school email and password in (the one you would use to log on the computers at school). This will take you to the launch pad. Click on the square tile 'Show My Homework' and you will directly link in. No additional passwords.

Can I use it on my phone or pad?

Yes. You do this by downloading it from the apple or android store. You choose Thomas Estley as the school. You then scroll down the screen passed password etc to log on with rm unify. You click on this and follow the instructions as above. No separate passwords or pins.

Frequently asked Questions

I can not submit work on Show My Homework, what do I do?

This is likely because you are logged on the parent account and not student. Follow the instructions above to log on the student account. If there is still a problem email myoung@thomasestley.org.uk

I have forgotten my password to get on the computer, what do I do?

Emailing myoung@thomasestley.org.uk and we will get this reset

I have a no laptop, what do I do?

The programme is easily accessed on your phone or pad and you can work from that following the instructions of downloading an app

I have a laptop but can't access the work because we don't have Microsoft office (word, power point etc) installed on my computer, what do I do?

We can help. Email Mrs Young myoung@thomasestley.org.uk and we will give you instructions of how to download this.

Frequently asked Questions

Show My Homework doesn't seem to down loading properly – I can't submit for some subjects etc

Sometimes SMHW (and other sites) will not load and sometimes the browsers such as Chrome-IE11- etc get confused and give you all sorts of issues. This can be because the browser you are using has not been cleared of old passwords and website browsing history for a while. Clearing the browser settings can help websites run smoother with minimal errors it's a good idea to try and clear the browser settings once a week. The link below may help;

<https://www.lifewire.com/how-to-clear-cache-2617980>

I have no internet access or devices with which to access Show My Homework, or they break during the period we are remote learning, what should I do?

This is not something to worry about. If you let us know either by call 01455 283263 or other method, we will get hard copies of work posted out to you. Just let us know.

Contacting Staff

If your child needs to discuss any aspect of their learning with their teacher; they can do so by contacting them via email. Email addresses are as follows and a list of class teachers are on the next page.

Louise Burnett – lburnett@thomasestley.org.uk

If you don't receive response within 48 hours, please email another member of staff within the same department.

There are two exceptions— Miss Plumb emiliaplumb@thomasestley.org.uk

- Mrs Anderson sdanderson@thomasestley.org.uk



Our Teachers

Burnett	Louise	ADT
Curtis	Craig	ADT
Fisher	Sarah	ADT
Jackson	Carrie	ADT
Keight	Michelle	ADT
Knight	Chrissy	ADT
Poolley	Sarah	ADT
Strudwick	Emma	ADT
Martin	Jane	Asdan
Bryan	Carlyn	Business
Hardy	Mark	Computing
Geraghty	Victoria	CRE
Bancroft	Dannielle	Dance
Johnson	Jennifer	Drama/English
Place	Gary	Drama/English
Briggs	Hayley	English
Broughton	Terri	English
Corbett	Annie	English
Eatwell	Loretta	English
Lee	Sarah	English
Little	Emma	English
Pole	Lucy	English
Preece	Christopher	Geography
Schalkwyk	Petrus	Geography
Hancock	Simon	History
Jackson	Antony	History
Curry	Matthew	Maths
Ducey	Sue	Maths
Gladwin	Simon	Maths
Norris	Stuart	Maths

Taylor	Rachael	Maths
Anderson	Stephanie	MFL
Coles	Cristina	MFL
Colquhoun	Amber	MFL
Guery	Celine	MFL
Dickinson	Tamera	Music
Kavanagh	Sarah	PE
Robinson	Nicholas	PE
Virk	Munpreet	PE
Ansley	David	Science
Bodycote	Claire	Science
Brooker	Laura	Science
Draycott	Matthew	Science
Hart	Bethan	Science
Hillman	Luke	Science
Hutchinson	Helen	Science
Patel	Bhavika	Science
Rotimi	Sarah	Science
Collins	Amanda	Principal
Cornelius	Catherine	SLT
Fegan	Richard	SLT
Hartley	Janine	SLT
O'Flynn	Ian	SLT
Plumb	Emilia	SLT
Young	Maxine	SLT