



Speyside High School

Home Learning



I am writing to highlight Scottish Government guidance, released today, which relates to the new term (now until summer).

You can access the full guidance on the Scottish Government site –search for:
supporting pupils-parents-pupils=teachers-learning-during -term-4

I would like to share one particularly important paragraph with you

Our starting point is a clear understanding that schools are closed but learning continues: we all have a role to play in supporting learners. There is no expectation that the kind of learning approaches and experiences provided in schools will be replicated at home while schools are closed during Term 4. The primary focus of our education system, working closely with a range of public and third sector partners, remains to ensure that pupils, teachers, practitioners, parents and carers are supported to cope with the challenging circumstances in which we all find ourselves in.

To this end at SHS we have tried to put together some support and advice to take us through Term 4:
Home Learning
Pupil and Family Wellbeing

To continue to support everyone, contacts are as follows:

Rinnes – continue to contact Year Head:

S1 and S2 – Miss Boyd - Caroline.Boyd@moray-edunet.gov.uk

S3 and S4 – Mrs Duffy - helen.duffy@moray-edunet.gov.uk

S5 and S6 - Mr Picksley - ed.picksley@moray-edunet.gov.uk

Livet

Mrs Winwood Young - Mobile Number: 07800 678 581 or email Tania.Winwood-Young@moray-edunet.gov.uk

Fiddich

Mrs MacInnes - Mobile Number: 07800 678 578 or email Amy.MacInnes@moray-edunet.gov.uk

Please **do not send emails** to: Fiddich.guidance@moray-edunet.gov.uk; Livet.guidance@moray-edunet.gov.uk; Rinnes.guidance@moray-edunet.gov.uk. The guidance team are currently unable to access these mailboxes and emails are not being forwarded.

Pupil and Family Wellbeing Suggestions

Have a routine and a daily plan, but have a balance between having a routine and some variety each day.

Set short goals that you can achieve each day to feel positive and keep motivated.

Stay connected with people-friends and family and agree a regular check-in time.

Limit your access to news and social media (I have now done this) Also, there is a lot of fake news, so stick to trusted sources.

Continue physical activity. (Have you been doing sessions with Joe Wicks in the am?)

Keep busy with hobbies, e.g. crafts, films, reading. Look after your pets.

Try meditation or mindfulness.

Respect each other - personal space, time, opinions, take time for each other and for yourself.

Listen to each other: Verbal and non- verbal.

Share chores.

Access nature and sunlight where possible.

Try the APPLE Technique

Acknowledge any uncertainty as it comes to mind

Pause and don't react as you normally do

Pull back - don't believe everything you think as it's only a thought or feeling

Let go of the thought or feeling - it will pass. Let it float away.

Explore - the present moment use your senses to notice the things around you in the present before shifting to the things you need to do

Below is a suggested timetable for families to use that may support learning at home

Each slot represents one hour and is interchangeable throughout the week

This suggestion aims for 2 hrs per week of English and Maths and one hour per week for all other subjects.

Please feel free to organise however you like, and the days are certainly not prescriptive.

You will note Health and Wellbeing – PE/HE and Personal Social Education are dispersed throughout the week to suit your individual circumstances

ALL work should be posted on **Showmyhomework** with directions to access any other platforms from there – each department is working to ensure the platforms they are using are the best for their learners and circumstances.

Monday	Tuesday	Wednesday	Thursday	Friday
English	Science Biology Chemistry Physics	Performing Arts Music Drama	Technologies Computing Technology	Modern Languages French German Spanish
Maths	Social Subjects Geography History Modern Studies	Maths	English	Religious & Moral Education Universal Pupil Support
	Business Management Administration Accounts	Art and Design		
Personal and Social Education				
Health and Wellbeing - PE/HE				

HOME SCHOOLING TIPS



PARENTS & CARERS...

Be assured that you are not expected to be teachers. Most of you are not suddenly going to be able to homeschool, you still have to work, look after your children, survive etc Take each day as it comes.

COMMUNICATION...

Each subject has different needs, meaning different platforms to communicate with you will be needed. Make sure that you and your child are aware what platform (Show My Homework, Teams, Google Classroom etc) is being used. Don't be scared to ask the teacher if you aren't sure.



TECHNOLOGY...

For families that do not have access to technology or the internet, be reassured that all your child might need is a smartphone, or some basic art supplies or materials for making things, or just a pen and paper. Do what you can!

PROJECT BASED LEARNING...

This is one for staff... As an alternative to worksheets & online learning, it's likely that parents will welcome anything that gets their kids away from a screen & active, as Project based learning can do. Projects are a great way to keep kids engaged in authentic learning & building skills. Parents... if you can make a topic into a project - do it!



STRUCTURE...

Try and structure your day so there is a timetable to it, students shouldn't replicate school but they should know that tasks can be achieved in bite size chunks. juggling chores, exercise, school and chill time!

CONNECT...

This is a difficult time for everyone... at the end of the day just do what you can... connect with each other and use this time to hone skills that they enjoy, reinforcing what they already know!



DON'T FEEL COMPELLED TO DO EVERY SUBJECT EVERY DAY. STUDENTS MAY SPEND A WHOLE DAY DOING ONE OR TWO ACTIVITIES. AUTHENTIC LEARNING TAKES PLACE WITHIN REAL-WORLD, MEANINGFUL CONTEXTS. AS LONG AS THEY ARE MOVING, CREATING, OR PLAYING, THEY'RE LEARNING.