

How to support your child to study at home

It is important that your child can maintain a positive healthy routine whilst studying at home. You can help your child by ensuring, where possible, that they:

- Complete a minimum of 5 hours a day: GCSE and A-Level students need to ensure that they are following a work timetable and it is recommended that they complete up to 8 hours study a day.
- Are out of bed and ready to study during normal school hours
- Put aside their phone or give it to you during the 'school day', to minimise distractions
- Maintain a high standard of personal hygiene and eat a healthy diet
- Still have 'school night' bed times and get enough sleep
- Limit screen time (although as work is set this way it may be higher than usual)
- Have a purposeful study area free of distraction
- Stay safe online: our school website has safety advice should you require it
- Take regular exercise: aerobics can be done inside and within limited space: there are many free workouts available online
- Are at home during school hours and safe

If work is complete, and your child has looked at the revision strategies and subject based general activities folders, you should encourage them to complete generic educational tasks such as:

- Looking over previous work, identifying gaps or areas for improvement
- Revising topics they have already studied in class using their exercise books and other materials to firm up their knowledge
- Making mind maps and revision cards
- Devising their own tests (which may be used on a friend)
- Writing poetry or a creative story
- Creating their own text book Research and write a blog or vlog about a topic
- Sketching an inanimate object
- Watching appropriate documentaries around a subject they have been studying etc