

General guidance for learning at home

St. Mary's
Grammar School, Magherafelt.



Adding structure to the day

We would recommend some form of routine and structure which incorporates time for learning, study and rest. You may wish to draw up your own timetable for your child, or alternatively they could create their own timetable - one that may meet the needs of family life during this period.

Online Learning Platforms

- Teachers will be uploading resources and activities for pupils through a range of online platforms: Showbie, Google Classroom and Microsoft Teams.
- It is important that pupils sign in and join these classes.
- The switch to remote learning will be gradual and in these challenges times, we are all learning. So, we would appreciate patience as our teachers make this transition.
- To help you understand these interfaces further, we have included some links below:

Parent Guide to Google Classroom:

https://drive.google.com/file/d/1uFBoYmJiS9vrWSDwg6djRKKlwIReN5vnG/view?fbclid=IwAR30KBO9H7h8I-biP8qEXioFr9vZ1I_2fMx9rFV3JAberAGgkqQQ1wseRQ

Showbie in the Classroom:

<https://youtu.be/4blbQmfkcvE>

- During these unprecedented times, you will understand that teachers will have to balance their own commitments at home and so they will individually communicate with pupils their suitable hours of contact online.
- When assigned tasks, pupils should give themselves adequate time to complete them and should not be putting excessive pressure on themselves at this challenging time.
- If they are experiencing difficulty and challenge in a topic area, contact their teacher and they will be happy to help.

C2K Email

- Pupils should check their C2K email accounts regularly
- Pupils should change their password every 3-4 weeks via C2K Services (**Go to Google > Search C2K Services > Change Password**)



Welcome to the C2K Services for Schools, to access all the services C2K offer.

C2K School Services

Please select one of the following menu options



C2K email
Get access to your emails



C2K Exchange
For C2k Service news and information sharing



School Folders
Access to other C2k services

[Change Your Password](#)

Office 365

Pupils can download Office 365 using their C2K log in details (c2ken.net) on up to 5 devices.



Download it now in 3 easy steps to your home computer, laptop or tablet.

Don't wait! just follow these 3 easy steps:

- Visit <http://portal.office.com>
- Login with your student username & password (username@c2ken.net)*
- Download and install Microsoft Office

Download Microsoft Office now!

Microsoft

W X P N O P

*note: Please use your username@c2ken.net address as this download will not work with your normal username@c2kni.net

Online safety and online presence

- It's important during this time, that pupils **balance their screen time** and avoid excessive time online. Too much time on their devices is not good for their mental health and we would be advising pupils to factor in time away from all online activity.
- Safer Internet have excellent advice for parents during this challenging time: <https://www.saferinternet.org.uk>
- Pupils should implement the same caution and safety strategies to online whilst at home and apply the THINK before they post philosophy.
- When communicating with teachers, pupils should use formal language.
- When communicating via class discussion posts, language must always be appropriate

Looking after their Mental Health

- This will be a challenging time for us all and so we would advise pupils to keep the channels of communication open with their parents/ guardians. Pupils should allow for 'downtime' during the day and keep a check on their feelings and emotions.
- Information on services for families and our pupils at this time is available on our school website.
- Headspace is allowing free membership for students during this time and we would encourage pupils to download this app for some mindfulness in their day: <https://www.headspace.com/educators-covid-19>



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Looking after your mental health during the coming days and weeks

Try to relax - take a break from reading about what's going on and do something fun or relaxing

Unplug - turn off the news for a while. Netflix binge, watch a film or read a book instead

If you're feeling overwhelmed or your thoughts are racing, take deep breaths - in for 7 seconds, out for 11

Go for a walk or do a workout - exercise is one of the best things for your mental health, and your immune system.

Connect with others - especially if you are housebound. Make use of phone calls and FaceTime.

Extra-Curricular Learning

Whilst in school, we recognise that learning takes place in a variety of ways and often beyond the classroom walls. This is an opportunity for pupils to explore developing new skills and enhancing their creativity and imagination. We would encourage pupils to step away from workbooks, online platforms and embrace some of the following:

<p>Reading and Creative Writing</p>	<p>**Libraries NI have a range of FREE eBooks for pupils. As we all know, reading is the best form of learning and so this is an opportune time to encourage your child to READ READ READ! https://www.librariesni.org.uk/Pages/default.aspx</p> <p>**There are a range of creative competitions online for pupils- this creative writing activity is certainly worth exploring: https://johnboyne.com/short-story-competition/</p>
<p>Physical Activity</p>	<p>**It is important for pupils to mind their physical health during this time and alongside getting outside for family walks, they might like some of the Body Coach- Joe Wicks workouts. Parents might even join in! https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>**A number of GAA clubs and counties have launched “Skills Challenges” on Twitter and Facebook sites. This is another excellent way to keep pupils active. http://hoganstand.com/article/index/309743</p>
<p>Prayer Life</p>	<p>**At this difficult and challenging time, parents and guardians may encourage their child to make time for prayer in their day. RTE is also streaming the celebration of Mass each day at 10:30am which is another way to maintain contact with the sacraments during this time: https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic/</p>
<p>Creativity</p>	<p>**This is an opportune time for pupils to tap into their creativity. There are a range of ways they can continue to learn through exploration and using their imagination: https://www.happinessishomemade.net/40-crafts-for-tweens-teens/</p> <p>**Microsoft Family Learning website has a range of activities to complete as a family or for siblings to compete together: https://education.microsoft.com/en-us/resource/755e5a8b</p>
<p>Cookery</p>	<p>**This would also be a good time for pupils to give back to their parents by developing their cookery skills : https://www.bbcgoodfood.com/howto/guide/recipes-teenagers</p>
<p>Community Outreach</p>	<p>**Our pupils are consistently demonstrating kindness and thoughtfulness to others, both within our school community and beyond. We would ask for them to continue living out their spirit of charity and kindness in light of these difficult times. Pupils could see this time as an opportunity to assist those in the community through helping out at Food Banks or doing errands for an elderly neighbor. Senior pupils could offer their help and assistance for families whose parents are key workers ie: doctors, nurses, social workers.</p>

KS3- 5 Learning at home

Subject teachers will provide **subject specific guidance for pupils relating to their subject**. This will be communicated to pupils through email and/or online platforms. Alongside this, we would encourage pupils to follow these guidelines on independent study for their subjects.

KS3 General Guidelines:

English	Maths	Science
<ul style="list-style-type: none"> -Learn and revise key spellings -Read over class novel -Read Library books (Download Libraries NI App and keep reading!) -Complete Book Reviews in Library Booklet 	<ul style="list-style-type: none"> -Revisit Learning Outcomes at the front of each of your notebooks -Learn and revise examples from your notebooks -Create revision notes for key terms and formulae -Complete additional revision questions in each Topic booklet 	<ul style="list-style-type: none"> -Revisit Learning Outcomes at the front of each of your booklets -Revise over Practical procedures completed (Know and Understand all aspects) -Learn and revise Key terms and definitions and Scientific language -Create flash cards and post-its of key terms -Create mind maps and concept diagrams for each topic
<p>Other Subjects: History, Geography, RE, Irish, Spanish, French.</p> <ul style="list-style-type: none"> • Complete summary notes for each topic (using learning outcomes as a guide) • Complete mind maps, concept maps and flash cards for key topics of each subject • Consolidate learning of key words and definitions • Review of CMS- identifying areas for improvement and focus on revision of these topics 		



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

Year 11 & 13- General Guidelines

The announcement of the cancellation of GCSE, AS and A2 Level Examinations due to take place in May/June 2020, will have caused immense disappointment and anxiety for our pupils. We cannot provide any further clarification until CCEA have finalised further details and communicated them to schools. **However, Year 11 and 13 pupils should continue to work on their modules in preparation for completing these in Year 12 and 14 respectfully.**

- Refer to the **Revision booklets** provided- fully utilise material in this booklet to support your revision of all subjects. (This is attached and also accessible on school website for reference: links below.)
- Complete summary notes for each topic (using learning outcomes as a guide)
- Complete mind maps, concept maps and flash cards for key topics of each subject
- Year 11 pupils - Consolidate learning of formulae and definitions for Maths, Chemistry, Physics and Biology
- Review of CMs- identifying areas for improvement and focus on revision of these topics
- Complete Past Paper Questions- those contained in booklets and also those on CCEA website
- Refer to CCEA website to complete Past Paper Questions and utilise Mark Schemes to assist in completion

Weblinks to access Revision Guides:

Yr 11 Revision Guide:

http://stmarysmagherafelt.com/downloads/Year_11_Revision_Guide_SUMMER_2020.pdf

Yr 13 Revision Guide:

http://stmarysmagherafelt.com/downloads/Year_13_Revision_Guide_SUMMER_2020.pdf