

VSK Home Learning Resource Booklet

Secondary



Welcome

Hello!

Welcome to the brave new world of home learning...

We know some of you might be feeling a bit confused by now following all the changes that have been affecting all our lives at the moment. You are not alone and VSK have put together this Home Learning Booklet to try and help support you.

It has a list of some websites you may find useful over the next few weeks, as well as some other things you might want to give a go.

Finding a routine that suits you will be really important right now. Some schools are sending out work and you **must** focus on this work first. However, you may want to give some of the other ideas within this booklet a try...

Best wishes

The Virtual School Kent Team

Daily Routine

Plan Your Days

Planning how you spend your days is important. You could follow the normal school timetable and find online learning that matches each subject – or you could get creative... there are lots of ways you can meet your learning outcomes without making your brain explode!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2						
3						
4						
5						
6						
7						
8						

You should work on the tasks your school sets you but your daily plan might also include things such as...

- Keeping active; this could be dancing, work outs from YouTube, using the Wii Fit if you have one or just getting out in the garden
- Some of the things you enjoy like reading or listening to music
- Some projects or bigger tasks or challenges you can complete over a week or fortnight. Choose topics that interest you!
- Some new hobbies to try out
- Cooking / baking
- Playing boardgames
- Scrap books, journals or diary / blog writing



Daily Routine

Just remember this is new for everyone. It can be hard learning away from school, your teachers and your friends so...

- Make sure your plan is achievable, don't plan too much
- Set yourself small, realistic goals to complete each day
- Choose somewhere comfortable to work that's free from distractions
- If something doesn't work out, change it
- Ask for help from your Foster Carer or teachers if you need it
- Don't be too hard on yourself if it takes you a while to settle into your new routine!

It's important that you have fun with your new timetable, get creative and most of all look after your own mental and physical wellbeing. Take breaks, get fresh air and some exercise and have fun with it! It's all about getting the right balance between school work and relaxation time.

Keep connected with School

Don't forget to keep in touch with school - check out their newsletters and websites to keep up to date with what is going on and any advice and resources they have put in place. Make sure you use any online learning or lessons the school offers.



Creating a Timetable

You may want to create a timetable like the one below to help you plan your days!

DAY 1	DAY 2
7:30 Breakfast – Free time	7:30 Breakfast – Free time
8:30 Get some exercise – e.g. Joe Wicks (see links)	8:30 Start a Journal – Set daily intentions and plan what you would like to achieve.
9:00 English – School set work or write a ‘Good News’ Newspaper article about how people are helping each other during the current epidemic.	9:00 Maths Wizz/School set Maths
9:45 Read a book	9:45 Do a 15 min exercise session
10:00 Break	10:00 Break
10:15 Online learning BBC bitesize—do some Maths or Science (see links)	10:15 Do set school work or Online learning English (see links)
11:00 Break	11:00 Break
11:15 School set work	11:15 Look at the live plays currently being screened on the internet
12:00 Lunch Break—food and free time, board games, sending messages to friends	12:00 Lunch Break—food and free time, board games, sending messages to friends
13:30 Afternoon activity— Design a board game or make an indoor treasure hunt with clues for the people in your house.	13:30 Afternoon activity— Create a menu for a family meal, what ingredients would you need and how much would it cost?
14:30 Online learning BBC Bite size revision or school set tasks	14:30 Online learning BBC Bite size revision or school set tasks
15:00 Write up journal, scrap book or diary	15:00 Read a book

Make sure you create something that works for you!

Web Resources for Home Learning

If you have time, why not explore some of these great learning websites...

Website Name	Link Address	KS 3	KS 4	KS 5	SEN
Duolingo: Learn languages for free, website or app	https://www.duolingo.com	✓	✓	✓	✓
Maths Genie: Free online GCSE and A 'Level revision	https://www.mathsgenie.co.uk/	✓	✓	✓	
Crest Awards: Science awards to complete at home (small joining fee applies)	https://www.crestawards.org	✓	✓	✓	✓
iDEA Awards: Digital Enterprise Awards to complete at home	https://idea.org.uk	✓	✓	✓	✓
BBC Bitesize: Support for learning, revision and tips for working at home	https://www.bbc.co.uk/bitesize	✓	✓	✓	✓
Khan Academy: All subjects available, follows American grading system but mostly common material	https://www.khanacademy.org	✓	✓	✓	
Future Learn: Advanced courses for older learners	https://www.futurelearn.com			✓	
Seneca Learning: Online homework and revision. (Paid access to higher level learning)	https://www.senecalearning.com	✓	✓	✓	
Open Learn: Free taster courses aimed at those considering Open University, but everyone can access it. It's aimed at adults but you may find some of the topics of interest!	https://www.open.edu/openlearn/		✓	✓	
Scratch: Creative computer programming and online community	https://scratch.mit.edu	✓	✓	✓	✓
British Council: Resources for English Language learning	https://www.britishcouncil.org	✓	✓	✓	

Really useful websites

Try these out !

Website Name	Link Address	KS 3	KS 4	KS 5	SEN
The Artful Parent: Lots of free art activities	https://artfulparent.com/	✓	✓	✓	✓
The Insider: free virtual tours around museums in America	https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#several-exhibits-in-the-national-museum-of-natural-history-in-washington-dc-can-be-toured-virtually-11	✓	✓	✓	✓
The Big History Project: Multi-disciplinary activities	https://www.bighistoryproject.com	✓	✓	✓	✓
National Geographic Kids: Resources, games and competitions	https://www.natgeokids.com/uk	✓	✓	✓	✓
Earthcam: view the world from your home	https://www.earthcam.com/	✓	✓	✓	✓
NSPCC: E-safety	https://www.nspcc.org.uk/keeping-children-safe/online-safety	✓	✓	✓	✓
Big Life Journal: Science based journal and resources; costs apply.	https://biglifejournal-uk.co.uk	✓	✓	✓	✓
David Walliams free stories	https://www.worldofdavidwalliams.com/elevenses/	✓			✓
Joe Wicks daily P.E: search his YouTube channel	https://www.youtube.com/user/thebodycoach1	✓	✓	✓	✓
TT Rockstars: The VSK Team are ready to challenge you to Rockslams!	www.ttrockstars.com	✓			✓

Really useful websites

Try these out !

There are also useful websites to help young people with special educational needs.

Website Name	Link Address	KS 3	KS 4	KS 5	SEN
Elsa: Emotional Literacy Support Resources to help young people understand and express their feelings	https://www.elsa-support.co.uk/category/free-resources/				✓
National Council for Special Education: Online resources for young people with special educational needs	https://ncse.ie/online-resources				✓
Emerging Minds: Information for carers and parents about supporting young people with mental health concerns	https://emergingminds.org.uk				✓
Institute of Education: Information for carers and parents about how to support young people during the period of school closures	https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send				✓

You can also find further useful web resources for all young people by clicking on the links below!



Secondary - Web
Based Resources - S



Secondary - Web
Based Resources - M



Secondary - Web
Based Resources - G



Secondary - Web
Based Resources - E

Your Emotional Wellbeing

It's really important that you also look after emotional wellbeing and mental health during these unsettled times. Make sure you take the time to stay in touch with the people you care about, relax and do things you enjoy as well as your school work!

If you are feeling uncertain, worried or anxious you should speak to an adult you trust. If you are in care, you could even send a Mind of My Own Statement to let your workers know about how you are feeling. Download the app or go to <https://one.mindofmyown.org.uk/> to sign up for a Young Person's Account.

There are also lots of websites out there dedicated to giving you top tips for looking after your emotional wellbeing and staying positive:

Rock Choir: Every day at 3pm you can join in with a guided session from a Rock Choir Leader

<https://www.facebook.com/TheRockChoir/>

Action for happiness: ideas to keep happy.

<https://www.actionforhappiness.org>

Young Minds: Mental Health Support

<https://youngminds.org.uk/resources>

The Virtual School Kent Team is here to support you and your Parents or Foster Carers, so if you need any help settling into your new way of working, advice about things you could be doing outside of the classroom or even if you want to share some of the great things you've been doing with us, [get in touch](#) via the Kent Cares Town Website!

The Virtual School Kent Team

