



**Beckfoot**

# Learning at Home

Supporting students and their families  
with well-being and Blended Learning

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enjoy  
learn  
succeed

# Learning at Home

- ▶ The following pages contain top tips and ideas to make learning at home easier and more productive.
- ▶ They also have some guidance for families on how to support their children should they be unable to attend school.
- ▶ As ever, if there are any questions about your learning, your teachers, your Head of Year and your Pastoral Manager are available via email.
- ▶ We also have a dedicated webpage around supporting mental health and well-being: [http://www.beckfoot.org/?page\\_id=17944](http://www.beckfoot.org/?page_id=17944)



## Top tips for Learning at Home

# Staying focused



We advise you to **follow your normal timetable** which has built in breaks for you – be sure to use these times to rest from your computer / written work.



When you **take a break**, you could have a healthy snack, get some exercise, or listen to music.



Be sure to **get plenty of sleep** as though you were in school – aim for at least 8 hours a night.

## Top tips for Learning at Home

# Rewarding yourself



Have a cup of tea or coffee.



Enjoy your favourite healthy snack.



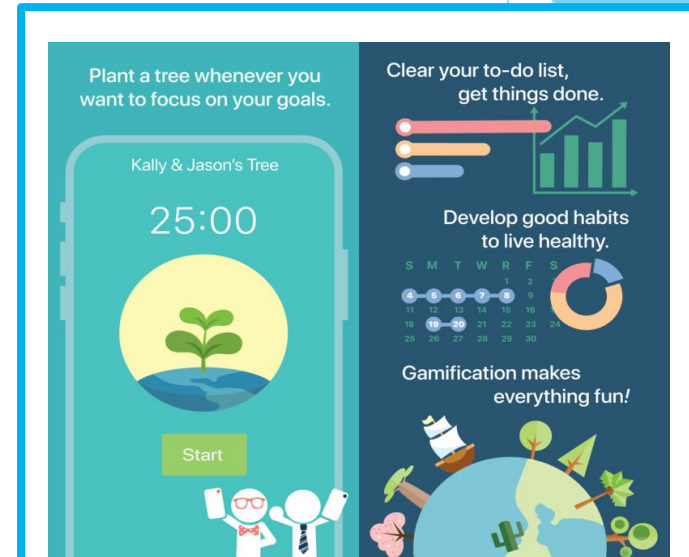
Watch some TV during your breaks.



Chat with friends during your breaks.



Read a chapter from your favourite book.

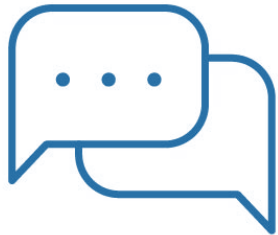
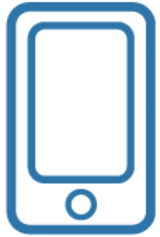


### **Flora – Focus Habit Tracker**

This app may be useful to help you put your phone down and it rewards you for remaining focused.

## Top tips for Learning at Home

# Setting realistic expectations



Learning at home is very different to being in school. Accepting that there are more distractions is important. Managing these distractions and keeping them to a minimum needs to be part of your daily routine.

Be proud of what you achieve each lesson and share this with your family so you have the opportunity to talk about your learning.

Learning at home, to this extent, isn't something you've ever had to do before, so be kind to yourself and allow time to get used to your new learning routine.

## Top tips for Learning at Home

# Creating the right learning space



Get started early – pretend you are going to school (try not to stay in your PJs!) Lessons start at 8.30am.



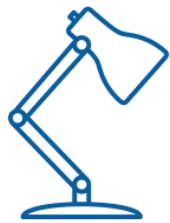
Take regular breaks – your timetable has these built in!



Follow a structured day following your usual timetable to help you.



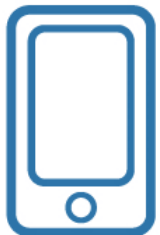
Have a quiet space with few distractions.



Choose a workspace that is comfortable.



Try to work in a cool, bright space.



Limit your social media time (use it as a reward!)



Aim to sit in a comfortable chair.

# Looking after your well-being

- ▶ **Talk about your feelings** – This isn't a sign of weakness, it's part of staying healthy.
- ▶ **Keep active** – Regular exercise can help you concentrate, sleep and feel better.
- ▶ **Keep in touch** – Try not to isolate yourself too much. Catch up with friends on the phone or spend time with your family.
- ▶ **Ask for help** – We all sometimes get overwhelmed. If things are getting too much for you, ask for help.
- ▶ **Take a break** – A change of scene is good for your mental health. It could be as simple as having a five-minute walk around the garden.
- ▶ **Eat well** – Your brain needs lots of different vitamins and minerals to stay healthy and function well.

## Foods to boost your brain

- ▶ Many foods can help keep your brain healthy. Some have antioxidants that help protect your brain from damage. Others contain nutrients that support memory and brain development.
  - ▶ Fruits and berries
  - ▶ Nuts and seeds
  - ▶ Leafy vegetables like broccoli
  - ▶ Starchy vegetables like potatoes
  - ▶ Lean meat and fish

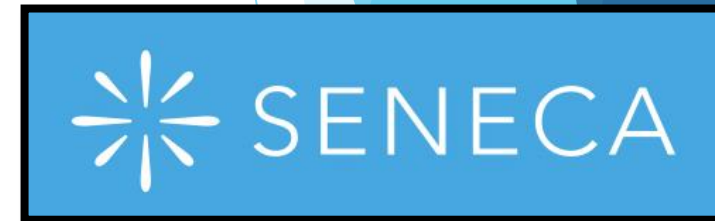
## Free support online

- ▶ [www.headspace.com/covid-19](https://www.headspace.com/covid-19)
- ▶ [www.nhs.uk/oneyou/every-mind-matters](https://www.nhs.uk/oneyou/every-mind-matters)



# Additional learning opportunities

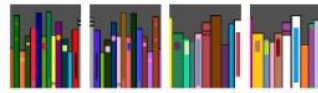
- ▶ A variety of maths challenges and activities set by teachers
- ▶ <https://www.mymaths.co.uk/>
- ▶ A range of videos to help with revision for GCSE subjects
- ▶ <https://www.gcsepod.com/>
- ▶ Activities, quizzes and tests for all subjects (worksheets also available for download)
- ▶ <https://www.senecalearning.com>
- ▶ Short videos, clips and activities to test knowledge in a variety of subjects
- ▶ <https://www.bbc.co.uk/bitesize>
- ▶ Thousands of interactive quizzes to take part in, testing knowledge in a wide range of topics and subjects
- ▶ <https://www.kahoot.com>



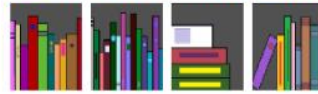
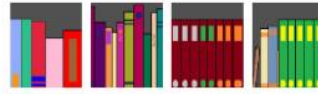
# Some interesting documentaries for you to watch

- ▶ He Named Me Malala: <http://www.documentarymania.com/player.php?title=He%20Named%20Me%20Malala>
- ▶ Changing Planet: <http://www.documentarymania.com/player.php?title=Changing+Planet>
- ▶ First Position: <https://www.documentaryarea.tv/player.php?title=First%20Position>
- ▶ I am Bolt: <https://www.documentarymania.com/player.php?title=I+am+Bolt>
- ▶ Life Animated: <https://www.documentarymania.com/player.php?title=Lfe+Animated>
- ▶ Natural History Museum Alive:  
<https://www.documentarymania.com/player.php?title=Natural+History+Museum+Alive>
- ▶ Life of A Universe: Creation:  
<https://www.documentarymania.com/player.php?title=Life+of+a+Universe+Creation>
- ▶ First Celts: <https://www.documentarymania.com/player.php?title=First+Celts>
- ▶ Is Your Brain Male or Female?:  
<https://www.documentarymania.com/player.php?title=Is+your+Brain+Male+or+Female>
- ▶ Return to the Moon: <https://www.documentarymania.com/player.php?title=Return+to+the+Moon>

1984 by George Orwell  
 To Kill A Mockingbird by Harper Lee  
 Animal Farm by George Orwell  
 Lord of the Flies by William Golding  
 Of Mice and Men by John Steinbeck  
 The Harry Potter Series by JK Rowling  
 A Christmas Carol by Charles Dickens  
 The Catcher in the Rye by JD Salinger  
 Great Expectations by Charles Dickens  
 Pride and Prejudice by Jane Austen  
 The Curious Incident of the Dog in the Night-Time by Mark Haddon  
 The Boy in the Striped Pyjamas by John Boyne  
 Jane Eyre by Charlotte Bronte  
 Maze Runner by James Dashner  
 Wuthering Heights by Emily Brontë  
 Frankenstein by Mary Shelley  
 Birdsong by Sebastian Faulks  
 A Kestrel for a Knave by Barry Hines  
 The Lord of the Rings trilogy by JRR Tolkien  
 Danny, Champion of the World by Roald Dahl  
 The Great Gatsby by F Scott Fitzgerald  
 The Book Thief by Markus Zusak  
 The Kite Runner by Khaled Hosseini  
 A Passage to India by EM Forster  
 Private Peaceful by Michael Morpurgo  
 The Hobbit by JRR Tolkien  
 A Monster Calls by Patrick Ness  
 The Secret Diary of Adrian Mole Aged 13¾ by Sue Townsend  
 Holes by Louis Sachar  
 Catch-22 by Joseph Heller  
 The Noughts and Crosses trilogy by Malorie Blackman  
 Strange Case of Dr Jekyll and Mr Hyde by Robert Louis Stevenson  
 War Horse by Michael Morpurgo  
 See You in the Cosmos by Jack Cheng  
 The Hunger Games trilogy by Suzanne Collins  
 His Dark Materials by Philip Pullman  
 Dracula by Bram Stoker  
 Fahrenheit 451 by Ray Bradbury  
 No. 1 Ladies' Detective Agency by Alexander McCall Smith  
 The Da Vinci Code by Dan Brown  
 Wonder by RJ Palacio  
 Emma by Jane Austen  
 Gulliver's Travels by Jonathan Swift  
 The Breadwinner by Deborah Ellis  
 Hitchhiker's Guide To The Galaxy by Douglas Adams  
 Oliver Twist by Charles Dickens  
 The Sherlock Holmes series by Arthur Conan Doyle  
 Cider with Rosie by Laurie Lee  
 One Flew Over the Cuckoo's Nest by Ken Kesey  
 Anita and Me by Meera Syal



## BECKFOOT 100 BOOKS



The Discworld series by Terry Pratchett  
 Around the World in Eighty Days by Jules Verne  
 Skellig by David Almond  
 Life of Pi by Yann Martel  
 A Modest Proposal by Jonathan Swift  
 The Artemis Fowl series by Eoin Colfer  
 My Sister's Keeper by Jodie Picoult  
 My Family and Other Animals by Gerald Durrell  
 Things Fall Apart by Chinua Achebe  
 Brighton Rock by Graham Greene  
 Never Let Me Go by Kazuo Ishiguro  
 The Fault in Our Stars by John Green  
 Dubliners by James Joyce  
 Face by Benjamin Zephaniah  
 When Hitler Stole Pink Rabbit by Judith Kerr  
 Ugliest by Scott Westerfield  
 Treasure Island by Robert Louis Stevenson  
 Cry, the Beloved Country by Alan Paton  
 Little Women by Louisa May Alcott  
 Do Androids Dream of Electric Sheep? by Philip K Dick  
 I am David by Anne Holm  
 Am I Normal Yet? by Holly Bourne  
 Not If I See You First by Eric Lindstrom  
 V for Vendetta by Alan Moore and David Lloyd  
 The Grapes of Wrath by John Steinbeck  
 I Have No Secrets by Penny Joelson  
 The Old Man and the Sea by Ernest Hemingway  
 Empire of the Sun by JG Ballard  
 Since You've Been Gone by Morgan Matson  
 The Mayor of Casterbridge by Thomas Hardy  
 Dawn by Elie Wiesel  
 The Giver by Lois Lowry  
 The Adventures of Tom Sawyer and Huckleberry Finn by Mark Twain  
 A Gathering Light by Jennifer Donnelly  
 Heroes by Robert Cormier  
 Refugee Boy by Benjamin Zephaniah  
 One Day in the Life of Ivan Denisovich by Aleksandr Solzhenitsyn  
 Schindler's List by Thomas Keneally  
 The Man Who Mistook His Wife for a Hat by Oliver Sacks  
 Coram Boy by Jamila Gavin  
 Stone Cold by Robert Swindells  
 Alchemist by Paulo Coelho  
 Cat's Eye by Margaret Atwood  
 Cloud Atlas by David Mitchell  
 The War of the Worlds by HG Wells  
 The Tracy Beaker series by Jacqueline Wilson  
 Bridge to Terabithia by Katherine Paterson  
 Kidnapped by Robert Louis Stevenson  
 The Time Machine by HG Wells  
 The Outsiders by SE Hinton



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

# The Beckfoot 100 Book List

# Advice for families

- ▶ No matter how old your child is, it is important for them to have a routine during their additional time at home. We would recommend your child follows their usual timetable.
- ▶ Learning at Home doesn't mean that you have to be the teacher. The combination of live lessons and / or 'My Learning Resources' will ensure your child has enough learning for their 5 lessons a day.
- ▶ Try to fit some physical activity into your child's routine if possible. The Beckfoot PE department have published a series of workout videos which can be found here: <http://www.beckfoot.org/?p=14414>
- ▶ Your child will still need to socialise with their friends or peers. It is important that they are able to do this, perhaps using platforms like Facetime. If you are concerned about the time your child spends online, the following organisations can provide useful advice.
- ▶ If students are struggling, we suggest the 'Brain, Book (or Google!), Buddy, Boss' strategy. This means that they should try hard to find out the answers for themselves first, perhaps with help from family members (Buddy). In the unlikely event that this doesn't work, or that they don't understand instructions in their set work, they can contact their teachers (Boss) via email.
- ▶ We will always endeavour to respond to emails as quickly as we can, but we do ask for your patience and understanding as an immediate response may not always be possible.

## **CEOP**

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

## **The Children's Comissioner 'Digital 5 a Day'**

[www.childrenscommissioner.gov.uk/our-work/digital/5-a-day](http://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day)

## **Net Aware NSPCC**

[www.net-aware.org.uk](http://www.net-aware.org.uk)

## **NSPCC Online Safety Helpline**

**0808 800 5002**

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