



PEMBROKE
A PRIORY ACADEMY

Dear Year 7 students, Parents and Carers

The Government announced this week that remote learning will continue until at least 8th March. The extension of remote learning makes it essential that we all look at the routines we have set and make sure that they work for us all as a school, as families and as individuals.

A few students have contacted to ask for additional help in managing their remote learning, so I would like to remind you all again of the advice written by Mr Brewer:

- **Stick to school hours** and build in breaks, but keep evenings free to relax and spend time doing the things you enjoy.
- **Routine is good.** Use the planning table in the [Remote Learning Guide](#) to help you set a learning plan for each day. Write in your live lessons and then plan your independent tasks into the other lesson slots.
- **Set a realistic time limit for a task.** We know that every student is different; some may complete tasks in less than an hour, others may only get half way through in that time. When the time is up, stop working on the task. You can always return to it another day if you have completed your other work.
- **Have screen free time.** In your breaks or at lunch take a breather from the screen; you could eat something, go outside, get some fresh air, or play in the garden.
- **Remember that education in the form of life-skills is everywhere around us:** cooking, baking, reading, listening to music, gardening, cleaning... You could set yourself some daily life-skill tasks too, which I am sure your parents/carers would appreciate!
- **Read frequently.** Reading is a great way to relax and support your well-being. Mrs Coggan has prepared a list of reading resources you can access at home.
- **Staying connected** with school is also important, so keep sending an email each week or have a chat with your tutor during the form check-ins just to let us know how you are getting on and how you are feeling. A list of staff emails can be found on the Student Support page of SharePoint.

Your form tutor, subject teachers and pastoral staff are here to help if you have any worries, so please keep in contact with school so that we can support you.

Headteacher: Mr S Evans

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The Priory Pembroke Academy is part of The Priory Federation of Academies Trust. For further information please contact:

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Live lesson Timetable, starting Monday, 1st February 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Form check-in	Geography	IT (independent work)	Drama*	Spanish
2	PSHMRE	Reading (recorded)	English	History	Science
3	Art	Maths	Independent working on tasks as set on SharePoint	Independent working on tasks as set on SharePoint	Independent working on tasks as set on SharePoint
4	Independent working on tasks as set on SharePoint	Independent working on tasks as set on SharePoint	Music	Drama*	Form check-in
5	PE with Miss Whelan (recorded)	Technology	Independent working on tasks as set on SharePoint	Independent working on tasks as set on SharePoint	English

*students will be invited into one 30 minute Drama slot by Mr Lawson

Yours faithfully

Mrs S Warnock
Assistant Headteacher