



PEMBROKE
A PRIORY ACADEMY

Dear Year 7 students Parents and Carers

Thank you to everyone who provided feedback on our remote learning offer. We have been working hard behind the scenes to review and refine our remote learning offer to students based on your responses and have made some changes which will hopefully make remote learning more effective and accessible.

From this week students will start to see changes to Microsoft Teams as they are added into Class Teams by their subject teachers. The aim of these new class teams is to simplify the process for students by keeping all tasks, resources, meetings and communication in one application. Attached to this letter is a guide to accessing live lessons through Class Teams, and to viewing, completing and submitting work.

Last week was Children's Mental Health Week. As part of tutor time and the SMSC tasks, students explored ways to look after their mental health and wellbeing, especially during this period of national lockdown. However, it is important that we remind ourselves of this regularly not just as part of an awareness week. As remote learning continues please continue to use the advice below to support:

- **Stick to school hours** and build in breaks but stop by 3.30 to keep your 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.
 - You could split independent time into 20 minute slots if you prefer shorter tasks.
 - Make time for all of your subjects. While it may feel important to just focus on English and Maths (and these are important); variety will keep remote learning interesting.
- **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. Try not to turn straight to a screen in the evening!
- **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.

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- **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.

Live lesson Timetable, starting Monday 8th 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