

# Budmouth Home Learning Guide



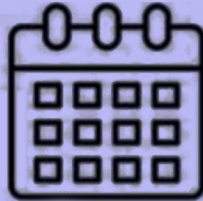
Wake up at your usual time on a school day. Follow your work schedule in Google Classroom.

## Wake-up



Get organised. Plan at the start of the day how you will complete the different work that has been set.

## Timetable



Try to work somewhere quiet, free from distractions and comfortable.

## Environment



Spend time outdoors! Getting fresh air can also help if you are stuck on an assignment.

## Exercise



## YOUR LEARNING

Students staying organised, motivated and engaged has never been more important. We recognise the challenges this presents and will do all we can to support you whilst working remotely.



## Technology

If you are struggling to access a laptop or the internet let us know immediately. We can help.



## Food

Make sure you eat and drink healthily through the day to keep your energy levels up.



## Engagement

Engage fully with your online learning. Ensure you give all work 100%.



## Stuck or worried?

If you have a question or get stuck on an assignment contact your teacher or tutor.