

Ysgol Harri Tudur / Henry Tudor School



Home Learning Pupil booklet

Contents Page

1. Advice on routines

Daily routines

Completing work

2. Staying active

3. How to look after your mental health and wellbeing

4. Mindfulness

5. The 60-day wellbeing challenge

6. Recommended reading list

7. Useful websites for learning

8. Safeguarding concerns – advice for pupils

9. Frequently asked questions

10. Ideas for what to do when you don't know what to do...

Advice on routines

What should my daily routine look like?

Whilst you are not in school, it is important that you get into daily routine. Our advice is -

1. **Sleeping** - Get a good night's sleep and have a set time that you are going to go to bed and get up each morning.
2. **Have a plan** - Have a plan for the day and complete your work/study during these times. Get into the habit of checking your work in the morning so you know what you need to do for that day.
3. **Workspace** – Organise a study area so you can focus on the work you need to do and switch off from distractions e.g. mobile phones, TV, social media etc.
4. **Healthy eating** - Make sure you are eating a balanced and healthy diet as it's important for your health and well-being.
5. **Get organised** - Don't let household jobs and schoolwork build up and get on top of you.
6. **Stay active** – Plan some time in the day where you have an activity that keeps you physically active eg exercise, and an activity that focuses your mind e.g. reading, listening to music or cooking.

Daily routines for completing work

Q: How will my teachers be setting work?

A: Teachers are going to use Google Classroom to set you work. If you do not have access to the internet at home, you will receive hard copies of work.

Q: What if I need help to complete the work?

A: Teachers will make sure the work being set is suitable for you and will be mindful of the fact they are not there to teach you.

Try your best to complete the work. If you are stuck, ask for help and advice from parents or family members. You can also message your teachers through Google Classroom. Try to keep your questions between 9.00 am and 3.00pm each day.

Most importantly, don't worry. All we ask is that you try your best.

Staying Active



The idea of being at home and not in school might seem very attractive at first, but coming to school is a big part of staying active and helping you with your mental wellbeing.

You will feel better for doing a bit of exercise each day, so don't forget to check out your **PE Google Classroom every day for the daily fitness activity.**

Alternatively, you can choose a 10 minute workout from the huge choice on YouTube. For example, **Joe Wicks – YouTube videos; from kid's workouts to HIIT sessions and more all using limited equipment in a small space**
(<https://www.youtube.com/user/thebodycoach1>)



How to look after your mental health and wellbeing



Self-care

Introduce activities/times to help you relax and reduce any anxiety/worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, anything that you enjoy and find pleasure in!



Routine

We are all used to routine, be that going to work or school or getting up at particular times. If you are now working from home, in self-isolation or home-schooling children, try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the tv and doing household activities.

Social media

For some social media is highly important in keeping connected and in touch with family/friends/vulnerable people. But it can also be a source escalating your worry. Consider whether it might be better to reduce social media use, perhaps by time (10 minutes at a time) or only at certain times of the day (when taking work/school breaks).



*This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.*



How to look after your mental health and wellbeing



Time and space

Give yourself a space to worry: It is natural and normal to worry, particularly in times of crisis, however this can get the better of us. You could consider planning small time frames where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all consuming all of the time.

Exercise

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the body coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



Support

If you have existing mental health problems reach out to your support network and professional if you have one. If these feelings are new also reach out to people that you find supportive. Many people are feeling the same way and it will help you to feel less alone. You can share your own tips for staying calm and managing the situation. If you don't feel that you have support you can text SHOUT for free from most UK mobiles, check out their website "giveusashout.org" for more information.



*This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.*

Mental Health and Wellbeing

Mindfulness Breathing

The following 'Mindfulness Exercise' is simple and easy to follow. Give it a chance. You will probably need to try it several times to get it to work for you, but it can really help you to focus.

1. Find a quiet place that is free from distractions
2. Sit, stand or lie down with you back straight and relaxed.
3. Start by breathing in and out slowly. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
4. Let go of your thoughts. Empty your mind and focus your awareness on your breathing. Purposefully watch your breath, focusing on its pathway as it enters your body.
5. Try and do this for 2-3 minutes (or longer if you like) at least once or twice a day.

BRIEF MINDFULNESS EXERCISES

Take little moments throughout the day to practice mindfulness.

Just sit quietly with your eyes closed.

Simply take a moment to contemplate and reflect.



Pause before you speak and act.

Pause to consider what you are going to say before speaking. Take a two- or three-ring pause before picking up the phone to think about your intention.



Be fully present.

Deliberately give your full attention to whatever it is you are doing. When you're with family and friends, focus on being fully present with them. When you're at work, direct your focus and attention there.



Be right here, right now.

Try not to dwell in the past or think about the future.



Practice mindful stretching.

Slowly stretch each part of your body. Be aware of your breathing as you stretch.



Whatever it is you are doing, just do that.

If you're making a cup of tea, just make a cup of tea. If you're spending time with your child, just be with your child.



If you are feeling anxious about coronavirus, the following Young Minds webpage could be useful -

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>



Try the 60-day Wellbeing Challenge...

<h1>60 Daily Tasks</h1> 						 CREATIVE CURRICULUM
Day 1 – Leave three happy notes for someone else to find in your house. <input type="checkbox"/>	Day 2 Make a card for someone's birthday/celebration coming up <input type="checkbox"/>	Day 3 Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/>	Day 4 Write down five things you are grateful for. <input type="checkbox"/>	Day 5 Research three jobs / career paths that interest you. <input type="checkbox"/>	Day 6 Download a mindfulness App (CALM) on your phone. <input type="checkbox"/> 	
Day 7 Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/>	Day 8 Get in contact with a local care home and arrange to send a letter to one of the residents <input type="checkbox"/>	Day 9 Go on YouTube and try.. <input type="checkbox"/>  The Body Coach TV <small>172K subscribers</small>	Day 10 Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/>	Day 11 Say something positive to everyone in your household today. <input type="checkbox"/>	Day 12 Do something helpful for a friend or family member today. <input type="checkbox"/>	
Day 13 Do a chore in the house without being asked to do it. <input type="checkbox"/>	Day 14 Send a positive text to ten of your friends. <input type="checkbox"/>	Day 15 Listen to your favourite song and dance around the room. <input type="checkbox"/>	Day 16 Stay off social media for >3 hours straight and keep yourself occupied <input type="checkbox"/>	Day 17 Take a selfie and note down 5 things you like. <input type="checkbox"/>	Day 18 Play a game that you haven't played in a while. <input type="checkbox"/>	
Day 19 Think about two role models in your life. Why do they inspire you? <input type="checkbox"/>	Day 20 Create a postcard for somewhere you have previously visited <input type="checkbox"/>	Day 21 Play a card game or board game you haven't played in a while <input type="checkbox"/>	Day 22 Sit down in a silent room and focus on your breathing for 5 minutes <input type="checkbox"/>	Day 23 Email one of your teachers to say thank you for something <input type="checkbox"/>	Day 24 Write down 5 things you are thankful for in your life. <input type="checkbox"/>	
Day 25 Write a blog about something you enjoy doing. <input type="checkbox"/>	Day 26 Search on YouTube a "Tedx talks by kids" <input type="checkbox"/>  TEDx Talks <small>23.6M subscribers</small>	Day 27 Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/>	Day 28 Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/>	Day 29 Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/>	Day 30 Make breakfast for another family member <input type="checkbox"/>	

60 Daily Tasks



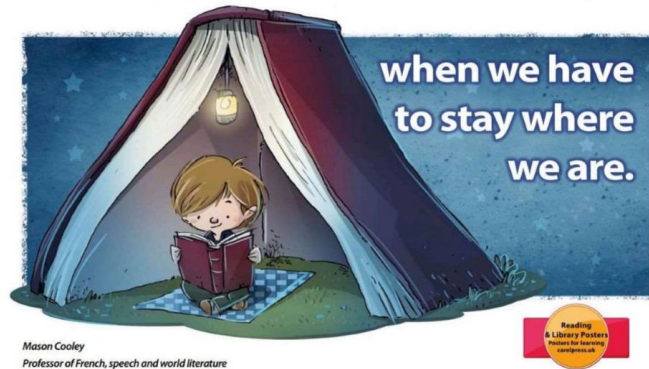
CREATIVE
CURRICULUM

Day 31 – Find three inspirational quotes and write them down <input type="checkbox"/>	Day 32 Create a digital photo collage using 5 images <input type="checkbox"/>	Day 33 Write a letter or send a card (Email or E-Card) to an elderly relative <input type="checkbox"/>	Day 34 Leave three happy notes for someone else to find in your house. <input type="checkbox"/>	Day 35 Make a list of 10 things you want to do <input type="checkbox"/>	Day 36 Go on YouTube and try...  <input type="checkbox"/>
Day 37 Create a gratitude list of everything you are thankful for <input type="checkbox"/>	Day 38 Do something nice for a sibling or parent/carer. <input type="checkbox"/>	Day 39 Create your own Playing card with your favourite number and suit <input type="checkbox"/>	Day 40 Find a learning podcast and try it out! <input type="checkbox"/>	Day 41 Ensure you have 5 fruit and Veg today <input type="checkbox"/>	Day 42 Do something helpful for a friend or family member today. <input type="checkbox"/>
Day 43 Write down five positive things about yourself on Post-It-Notes <input type="checkbox"/>	Day 44 Tag your friends in a pic that brings you happy memories <input type="checkbox"/>	Day 45 Visit a virtual museum! Go online and explore the collections online <input type="checkbox"/>	Day 46 Try to go bed 1 hour early. <input type="checkbox"/>	Day 47 Wake up early to watch the sun rise and see how beautiful it is <input type="checkbox"/>	Day 48 Find a documentary on BBC iPlayer and watch it <input type="checkbox"/>
Day 49 Do the washing up today <input type="checkbox"/>	Day 50 Look up origami and make a crane <input type="checkbox"/>	Day 51 Play an old computer game you haven't played for ages <input type="checkbox"/>	Day 52 Use 10 French or Spanish words today <input type="checkbox"/>	Day 53 Research the minimum wage in the UK for different ages <input type="checkbox"/>	Day 54 Design a new school logo for your school <input type="checkbox"/>
Day 55 Learn some British Sign Language with Charlie  <input type="checkbox"/>	Day 56 Make a playlist of your top 10 songs and send to a friend <input type="checkbox"/>	Day 57 Check in with your favourite YouTuber and see how they are doing <input type="checkbox"/>	Day 58 Build the tallest Tower you can with a single piece of A4 Paper <input type="checkbox"/>	Day 59 How many different words can you make from these letters: "CREATIVE RESOURCES" <input type="checkbox"/>	Day 60 Wear your favourite items of clothing that make you feel great <input type="checkbox"/>

Recommended reading



Reading gives us someplace to go



www.carelpres.co.uk

We are all understandably feeling a bit unsettled by events at the moment; one way to distract ourselves and a proven boost to our wellbeing and mental health, as well as a great way of keeping our minds active, is to lose ourselves in a good book!

No need to worry if you've got books on loan from the school library – all the dates have been automatically extended until we're back in school. Just take the time to relax and enjoy your reading!

Here are some recommendations for you!

Borrowing and buying books: If you have a public library ticket, you can use Pembrokeshire Libraries' [BorrowBox](#) service to borrow ebooks and audiobooks free of charge. If you like reading comic books or magazines, they also offer a [comics and magazines](#) loan service, again free.

If you're buying books online, support your local independent bookshops by ordering direct with them (e.g. check with them first as things are changing all the time at the moment, but Victoria Bookshop in Haverfordwest or Tenby Bookshop are taking orders by phone, email or via Facebook), or with [Hive](#) which also supports the independent shops.

[Audible](#) are offering audiobooks free of charge for the time being.

Although our Library may be physically closed, I'm happy to help with any questions regarding reading for pleasure, book recommendations, research and study skills, and print and online information sources. Just get in touch.

Liz Smith – Librarian, Ysgol Harri Tudur

KS3:

The Crossover / Booked / Rebound – Kwame Alexander (graphic novel version of *The Crossover* is also available)

The House with Chicken Legs / The Girl Who Speaks Bear – Sophie Anderson

The Parent Agency / Head Kid– David Baddiel

The Polar Bear Explorer's Club – Alex Bell

Cogheart / Moonlocket / Skycircus / Shadowsea– Peter Bunzl

Apple and Rain / The Weight of Water – Sarah Crossan

Boy 87 / Lost – Ele Fountain

High Rise Mystery – Sharna Jackson

Kid Normal series – Greg James

Young Sherlock series – Andrew Lane

Inkling – Kenneth Oppel

Wonder – R J Palacio

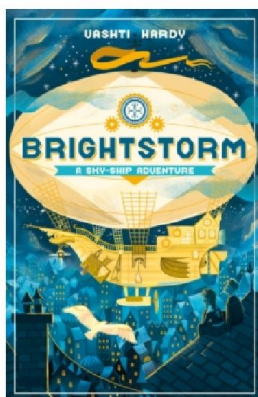
Armistice Runner / D-Day Dog – Tom Palmer

The Boy at the Back of the Class / The Star Outside my Window – Onjali Q. Raúf

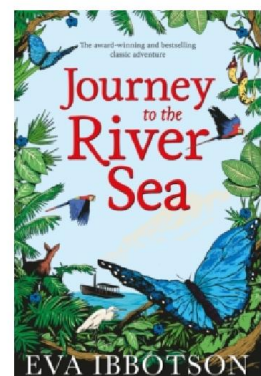
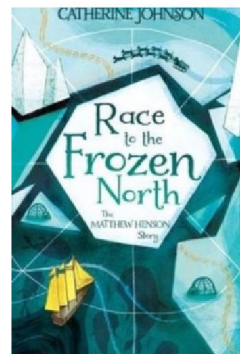
Rooftoppers / The Wolf Wilder / The Explorer – Katherine Rundell

Smart/ 928 Miles from Home / The Boy Who Lied– Kim Slater

Malamander – Thomas Taylor



Great tie-in adventure reads for Year 7
with your work on *The Explorer*



KS4:

The Crossover / Booked / Rebound – Kwame Alexander (a graphic novel version of *The Crossover* is also available)

Noughts and Crosses – Malorie Blackman

Am I Normal Yet? / Are We All Lemmings and Snowflakes? – Holly Bourne

One / Moonrise / Toffee by Sarah Crossan

Rosie and Jack – Mel Darbon

Becoming Dinah – Kit de Waal

The Lie Tree – Frances Hardinge

A Good Girl's Guide to Murder – Holly Jackson

Split / I Am Thunder / Kick the Moon – Muhammad Khan

Orange Boy – Patrice Lawrence

The Knife of Never Letting Go – Patrick Ness

Things a Bright Girl Can Do – Sally Nicholls

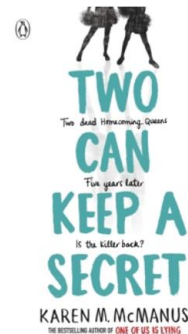
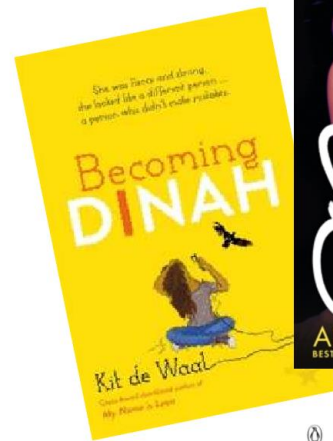
Heartstopper – Vols 1, 2 & 3 – Alice Oseman (graphic novels)

The Million Pieces of Neena Gill – Emma Smith-Barton

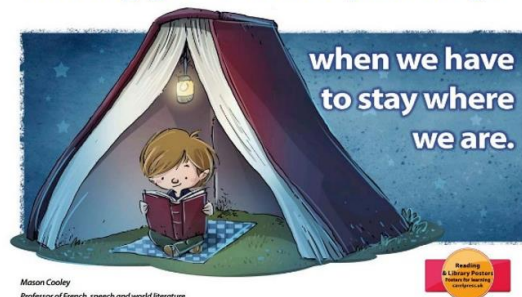
On the Come Up – Angie Thomas

Girl, Boy, Sea – Chris Vick

Paper Avalanche / The Art of Being Normal / All About Mia – Lisa Williamson



Reading gives us someplace to go



HAPPY READING!

Useful Websites for Learning

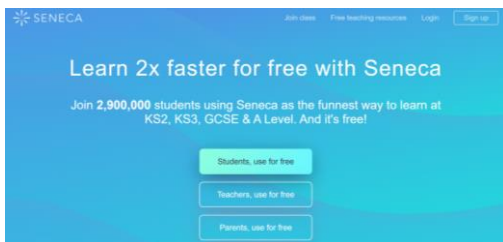
Whilst there are many websites with online learning activities, we have put together a list of a few good ones that you could use to help with independent learning. It's not an exhaustive list and you might have better sites that you use, but there are some good activities and material on these to get you started.

<https://www.bbc.co.uk/bitesize>



Bitesize is the BBC's free online study support resource for all school aged pupils in the UK.

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



Seneca provides free resources for learners in a range of subjects.

www.ted.com



A site full of educational videos. Most include impressive animation, and all are ten minutes long or less.

www.duolingo.com



An easy to use site that allows you to practise your language skills.

<https://www.khanacademy.org/>



Offers a huge range of online courses in a wide range of subjects.

BBC podcasts



The BBC offers a wide variety of podcasts on many different topics. Most podcasts are updated weekly, and focus on everything from finance, to sports, to current events.

Code



Code – good website focused on learning how to code and write apps.

Safeguarding and Pastoral Concerns

If you have any concerns that you would usually speak to your mentor, Head of Key Stage or a member of the Pastoral Team about, please use the appropriate email address to get in touch.

We will monitor our emails during school hours, but it may take up to twenty four hours for us to respond to your email. If there is anything that you need support with that is urgent, please speak to your parents, carers or another trusted adult.

If you require support over weekends or at other times of the day, the contact numbers below are good sources of support and guidance.

- Childline: 0800 1111

There is also the option to chat to one of their counsellors via message rather than over the phone.

Alternatively, you can e mail in any questions and access the message boards and a range of activities on their website. Visit <https://www.childline.org.uk/> for more details.

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk/) | 0800 1111

- Samaritans: 116 123 or jo@samaritans.org (24 hours response time)

Visit <https://www.samaritans.org/> for more details



Frequently Asked Questions

Question: Who do I contact if I have a question about my school work?

Answer: First of all don't worry, we just ask that you do your best. If you really are stuck, please contact the teacher who has set you that piece of work using your School Gmail account.

Question: Will my work be marked?

Answer: Where possible teachers will give feedback on the work set (if it is required), however, this may not always be possible.

Question: What do I do if I forget my show my Google Drive login details?

Answer: email ITsupport@yht.wales with a request for it to be reset.

Question: Who do I contact with a pastoral question?

Answer: Your mentor or Head of Key Stage via Google Mail.

Question: If I email a teacher and I don't hear back within twenty-four hours, what do I do?

Answer: If it is urgent, speak to your parents, carers or another trusted adult. We will try to cover all emails, but it may not always be possible.

Question: If I am ill, do I still need to complete the work set?

Answer: If you are ill, it is no different to you being at home poorly during the school year and keeping as up to date as possible. Staff understand that there will be times where you can't complete all your work – that is ok.

Question: What do I do if I run out of work to do?

Answer: Use the recommended books list, websites and activities sheet to give you ideas for alternate things to do.

Be as creative as possible and make the most of this opportunity. For example, use YouTube to learn to juggle, play chess, sing, learn card tricks...

Finally, some things to do when you don't know what to do...

1. Organise a bash with your mates on [Houseparty](#).
2. Take a virtual tour of some amazing places around the world: art museums; sport locations; historical sites; behind the scenes of science; views from the world's tallest buildings
<https://artsandculture.google.com/project/street-view>
3. Hoover under the bed...!
4. Love your timeline and unfollow people on Instagram that make you sad.
5. Call your Gran/Grandad.
6. Sort out your bedroom; try a new layout.
7. Cook a meal.
8. Learn to count to 10 in 10 languages.
9. Do <https://www.sporcle.com/> quizzes until you are the ultimate quiz team member – try setting up an online quiz with your friends and family using eg Google Meet.
10. Take your coding skills past MySpace level and [learn Python in four hours](#).
11. Create a playlist to share with your friends and family. Get them to return the favour.
12. Plant some herbs and vegetables – it's amazing what you can grow on your windowsill or in a recycled pot.
13. Start a book club/movie club with friends and remotely group watch a Netflix classic together.
14. Send your friends and family a voice note with three things you miss about not seeing them.
15. Take in [a couch concert](#). Everyone from Diplo to Christine and the Queens are doing them.
16. Learn one of your favourite singer's dance routines.

17. Who do you think you are? Start [digging into your ancestry](#).
18. Send an email to your [future self](#).
19. Take a course on literally anything online (and for free!) at the [Khan Academy](#).
20. Work up to holding a plank for one minute, then five, then stop. No need to [become this guy](#).
21. Learn to [do the splits](#).
22. Do a jigsaw puzzle.
23. Learn to write with your other hand.
24. Watch Rachel Ama's [vegan YouTube channel](#); try and make something.
25. Try on every single thing in your wardrobe and see if new outfit ideas are forthcoming.
26. Practise your observational drawing skills / design an outfit, pair of shoes...
27. Recreate childhood photos – either of yourself or your parents.
28. Master the fancy shop way to [fold T-shirts](#).
29. Learn sign language. British Sign Language has some easy beginner tutorials on YouTube.
30. Learn some card games or card tricks.
31. Get good at Origami <https://www.origami-fun.com/origami-for-kids.html>