

QUEEN ELIZABETH'S GRAMMAR SCHOOL

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Dear Students, Parents/Carers

Top tips for students studying at home

We have put together some top tips and advice for students working from home whilst the school is partially closed or in the event that the school is completely closed due to Covid-19.

1. Create a daily schedule. Where possible students should use their school timetable as a guide to what lessons they should be studying. We recognise there may be difficulties in limited resources at home, where possible follow your timetable and work on as many subjects as possible. Using this structure is a good way to be working on each subject little and often.
2. Get dressed and have breakfast as you would a normal school day.
3. Take breaks from your school work during normal social times and use this time to have some fresh air in the garden or a walk close to home. Please ensure you are careful and use the Government advice when having exercise outside of your home.
4. Limit phone and social media use whilst studying.
5. Try to reduce distractions from electronic equipment.
6. Eat properly.
7. Find somewhere in your house that is comfortable and quiet, where you are happy to work.
8. Keep in contact with your teachers. If there is something you are unsure of or have questions regarding the work which has been set please make sure you communicate these to your teacher.
9. Please do not worry about the volume of work that you are given. Use the hour lesson as you would normally to work through the work you have been set by the teacher.
10. Remember the average school day is 6.5 hours long including social time, please be mindful of this.
11. Set yourself achievable targets.
12. Remember to speak to someone if you are feeling anxious or worried about anything.
13. We will be doing a QEGS challenge each week so please look out for it. It will be published via the QEGS Ashbourne Instagram page so give it a go. Please follow the @qegsashbourne Instagram account to be up to date with this information.

Yours faithfully

Scott Garrity
Headteacher