



“Our vision is to be the school of choice for our local community, developing successful young people with high **aspirations**, who show **respect** for all and **endeavour** to become the very best that they can be.”

# RVHS Home Learning Timetable Guidance - after Easter

**Please note, this document contains many links to other resources, please click on them!**

## Intent:

Our Home Learning agreement aims to **engage** our students in the subjects they study and to foster good **independent learning** skills. We believe that home learning is not all based on academics; we would like our students to look after their **health and mental** state by engaging in physical activity and wellbeing activities to stay happy and healthy at home. Our home learning policy is therefore here to provide some structure to a 'learning' day at home during these uncertain times.

## Welcome

This booklet will help both parents and students to provide a 'structure' for learning at home. Please follow the contents section below to navigate this booklet. The 'suggested' timetables provided are there to provide some guidance on what a productive & manageable day at home could look like. Please note, these timetables do not have to be followed- **they are there as a guide**.

Please refer to our '**Home Learning Booklet**' in conjunction with this document- as this booklet contains the necessary 'Google Classroom' codes to access the resources our staff have provided.

If you need another copy of this to be emailed to you, please email [plarkin@rodingvalley.net](mailto:plarkin@rodingvalley.net)

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## Section One: Suggested 'timetable' for a home learning day for Years 7-8

RVHS advises that you spend around 3 hours a day completing 'school work'. You should also spend additional time on other activities- listed below. Please see the guidance below for a suggested school day (at home) timetable. If you want to see an example of what the week could look like, please scroll to the bottom of this document.



**Fill in the topics you have covered or tick the box to keep a record of the work you've done...**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1x hour English/Hums Minimum 3 hours per week on English	English	Humanities subject	English	Humanities subject	English
1x hour Maths/Science Minimum 3 hours per week on Maths	Maths	Science	Maths	Science	Maths
<b>DEAR &amp; DEAW**</b> 20 minutes reading <b>(Check out our <a href="#">reading lists on our website</a>)</b>					
1x hour 'other' subjects that you study.	Insert subject & task	Insert subject & task	Insert subject & task	Insert subject & task	Insert subject & task
Physical Education Challenge attempt					
Mindfulness					
<a href="#">PiXL Edge LORIC Challenges(Yr7&amp;8( x2 a week)</a>					

**\*\* D.E.A.R= Drop everything and read**

**\*\* D.E.A.W- Drop everything and write- [click here](#) for the DEAW booklet to follow at home.**



## Section Two: Suggested 'timetable' for a home learning day for Year 9

RVHS advises that you spend **3 hours** a day completing school work. You should also spend time on other activities listed below. Please see the guidance below for a suggested school day (at home) timetable.



**Fill in the topics you have covered or tick the box to keep a record of the work you've done...**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1 x hours English or Humanities Eng- 3 hours Hums- 2 hours	English	English	Humanities subject	English	Humanities subject
1 x hours Maths or Science Maths- 3 hours Science- 2 hours	Maths	Science	Maths	Science	Maths
<b>D.E.A.R**</b> 20 minutes reading a day <a href="#">(check out our reading lists on our website)</a>					
1x hour on other subjects <b><u>(Your options subjects that you have chosen- please include Triple Science if you take this)</u></b>	Insert subject:	Insert subject:	Insert subject:	Insert subject:	Insert subject:
Physical Education Challenge attempt					
Mindfulness					

**\*\* D.E.A.R= Drop everything and read**

**\*\* D.E.A.W- Drop everything and write- [click here](#) for the DEAW booklet to follow at home.**



## Section Three: Suggested 'timetable' for a home learning day for Year 10

RVHS advises that you spend **4 hours a day** completing school work. You should also spend time on other activities listed below. Please see the guidance below for a suggested school day (at home) timetable:



**Fill in the topics you have covered or tick the box to keep a record of the work you've done.**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1 x hour English + 1 Science per week	English	English	English	<b>Science</b>	<b>English</b>
1 x hour Maths + 1 Science per week	Maths	<b>Science</b>	Maths	Maths	Maths
<b>30 minutes</b> reading a day <a href="#">(check out our reading lists on our website)</a>					
<b>2x hours other subjects</b> <b>(Your options subjects inc Triple Science if you take this)</b>	Insert subject:	Insert subject:	Insert subject:	Insert subject:	Insert subject:
Physical Education Challenge attempt					
Mindfulness					



## Section Four: Suggested 'timetable' for a home learning day for Year 11

**Transition Booklets & Google Classrooms** have been set up for students to join depending on what subjects they would like to study in our sixth form. Year 11 students must join these classrooms themselves, using the codes provided.

**Please look out for more communication regarding this.**

## Section Five: Suggested 'timetable' for a home learning day for Year 12

RVHS advises that you spend 4 hours per day completing school work. Please see the guidance below for a suggested school day (at home) timetable:




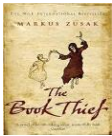
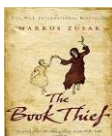
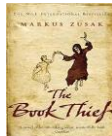





**We advise that you spend the first hour of the day doing some form of exercise or mindfulness exercise. You may also be invited to participate in 'Google hangouts' lessons with your classroom teachers. Please add them to your timetable. Please remember to submit work via google classroom. Use the student guidance booklet to help you.**

Day	Hour 1 Advised 9-10am	Hour 2 Advised 11-12pm	Hour 3 Advised 12-1pm	Hour 4 Advised 2-3pm	Hour 5 3-4pm
Monday	Mindfulness & exercise				Reading & revisiting <a href="#">Click here</a> for reading lists.
Tuesday	Mindfulness & exercise				Reading & revisiting
Wednesday	Mindfulness & exercise				Reading & revisiting
Thursday	Mindfulness & exercise				Reading & revisiting
Friday	Mindfulness & exercise				Reading & revisiting

***If you're invited to a 'Google Hangouts' live streamed lesson by your teacher- please add the date and time to your schedule.***



## Section Six: Generic example timetable filled in

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1x hour English/ Humanities</b>	Tasks 1-3 set by my English teacher on google classroom	Reading the article and answering qus set by my teacher	Writing an answer for my English teacher- submit it on Google classroom	Tasks 4-6 set by my English teacher	Reading the article and answering qus set by my teacher
<b>1x hour Maths/ Science</b>	Tasks 1-3 set by my maths teacher on Google classroom	My Maths task 1 	My Maths task 2 	Tasks 4-6 set by my maths teacher on google classroom	My Maths task 3 (Submit my work to teacher)
<b>D.E.A.R</b> <b>20 minutes reading</b> <b>(Check out our reading lists on our website)</b>	<a href="#">BBC news article</a> 	My book- 'The Book Thief' 	My book- 'The Book Thief' 	My book- 'The Book Thief' 	Article from 'On this day in History' or the <a href="#">DEAW</a> task- click on DEAW to access
<b>1x hour other subjects</b>	Start my Art piece set by teacher	Go on my MFL Google classroom and complete tasks 1-3	Start my History project	Access my Science Google classroom and complete the Seneca quizzes	Access my Science Google classroom and complete the Seneca quizzes
<b>Physical Education Challenge Attempt</b>	<b>Check out the latest PE Challenges on Twitter - @RodingValley HS, on Instagram @rodingvalleyhs and in our <a href="#">Home Learning Booklet</a>.</b>				
<b>Mindfulness</b>	Therapeutic colouring 	Yoga/ Relaxation 	Send 3 kind, happy messages 	Research and practice "box breathing" 	Create a positive "all about me" poster 
<b><u>PiXL Edge LORIC Challenges (Year 7 &amp; 8 x2 a week)</u></b>	Lead a PE warm up or session for your family	Organise a timetable of different activities for you and your siblings to complete each week	Create a blog that demonstrates different strategies that can be used by students to improve their health & wellbeing	Research future career plans and how you are planning on achieving them	Take part in a house competition of your choice



## Section Seven: Other home learning online resources to use at home

As you are aware, our staff will be providing excellent, subject specific resources via our Google classrooms. All of our Google classroom information was sent out in our '**Home learning Booklet**'. If you would like another copy of this booklet, please email [plarkin@rodingvalley.net](mailto:plarkin@rodingvalley.net)

- <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>
- [https://drive.google.com/drive/u/0/folders/1qbYiHjUq0tFMALtmuykUTYleG-sfsR\\_p](https://drive.google.com/drive/u/0/folders/1qbYiHjUq0tFMALtmuykUTYleG-sfsR_p)

### Mindfulness & Wellbeing Guidance

As the above timetables suggest, academic work should not take up a whole day of learning at home. Please look out for our excellent Roding Matters Mindfulness Bulletin. This is sent out via email every Wednesday.

The three editions have already been published and can be found by clicking [here](#).

### Safeguarding and Online Safety

The Designated Safeguarding Lead is Sam Dyer (Acting Deputy Headteacher) - [sdyer@rodingvalley.net](mailto:sdyer@rodingvalley.net)

The Safeguarding Team Deputies are Tom Price (Acting Assistant Headteacher), Jeanette Low (Attendance, Welfare and Alternative Provision Leader), Sam King (Positive Action for Learning Coordinator).

Our Safeguarding team can be contacted by email at: [safeguarding@rodingvalley.net](mailto:safeguarding@rodingvalley.net)

If you have immediate concerns about the wellbeing or safety of a young person or adult and they are at risk of immediate significant harm, you should call the Police on 999.

If your concerns are not urgent or immediate and you would prefer not to talk to a member of our team, you can contact The Essex Children and Families Hub on 0345 603 7627.

The Government have produced some safety guidelines for parents to support their children using social media safely: A practical guide for Parents and Carers whose children are using social media

There is some useful support and guidance on the NSPCC website here: [NSPCC - Keeping children safe online](#).

There are also a number of really useful links on our [website](#).

