



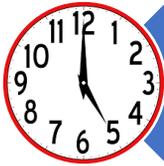
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A Guide to Home Learning





Key Principles



Routine



Work Space



Regular breaks



Minimal Distractions



Fresh air, Exercise and Sunlight

Routine



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Establishing a workable, realistic routine is absolutely vital. It provides structure to the day, ensures work load and tasks are manageable and ensure coverage of the curriculum.

We will provide a suggested schedule of subjects to cover each day; this will include physical activity and a daily morning reflection, form-time style activity.

Individual, independent learning is more mentally taxing experience than being in a classroom with 30 others and so lesson time should be limited to a maximum of 40-45 minutes.

It is important to build in short breaks and time to go outside, as suggested below.

To support learning normality of daily routine is also really important; sticking to bed times and normal alarm clock times, making sure children get up and get dressed rather than staying in pyjamas and having normal breakfast.

A suggested daily schedule might look like this:

Time	Activity
9:00-9:10	Daily Form Activity
9:10-9:50	Subject 1
9:50-10:00	Break
10:00-10:40	Subject 2
10:40-10:50	Break
10:50-11:30	Subject 3
11:30-11:40	Break
11:40-12:20	Subject 4
12:20-12:50	Lunch
12:50-13:30	Subject 5

Limiting the use of phones and games to breaks can be used as a reward for hard work whilst also minimising distraction

All subject will provide access to resources via the Temporary SharePoint Portal

Organise the subjects so that favourites take place in the afternoon

You might want to add extra learning opportunities to the afternoon such as reading a novel, using an online platform such as Seneca or Hegarty Maths, or perhaps a project in the garden

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Work Space



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It is important to establish an organised work space. This may be a desk in the bedroom or the dining room table.

Ideally the area will have good natural light. Try to avoid allowing children to work on their beds or sat on the couch where possible. Make the area where they relax different from the area where they are studying.

Help your children to organise their resources and books; this is something most students find really difficult. For example have one folder or box per subject

Help them to access the online materials. All students in the school have been shown how to do this but may need help. Further guidance later on.

Regular breaks



Independent study is more challenging to concentrate on than in class. This is why study periods should be shorter. Research in developing long-term memories suggests that intense study periods should be broken up by 10 minutes break with “distractor activities.” This is an ideal opportunity to have use of a mobile phone as a reward. A short physical activity could also be used or even just 10 minutes away from the desk.

Deyes High Resources can be accessed here:

<https://tinyurl.com/rqr3c6p>



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Minimise Distractions



Access to mobile phones and computer games are potentially the biggest causes of distraction. As previously mentioned please consider the use of these as a reward for completing work. Likewise, consider access to devices and even the locations of them. Studying in a different room to the phone or game might avoid the temptation.

Also accessing resources might potentially lead to wasted time so some preparation before might help. We understand that as children get older parents often feel less able to help with subject content but there are lots of excellent resources available either via SharePoint or online such as YouTube.

Fresh Air, Exercise and Sunlight



PE with Joe Wicks 9 AM everyday

Search for Body Coach TV on YouTube and there will be a daily 40 minute PE routine for students to participate in.

<https://www.youtube.com/user/thebodycoach1>

In a situation where movement in limited children might not access the natural sunlight needed to produce Vitamin D. The type of light needed is blocked by glass so even sitting by a window to work whilst beneficial in other ways does not help with Vitamin D production. In a normal school day children would be outside on the travel to and from school, moving between lessons, during break time and lunch and during PE.

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Lesson schedule

The schedule below provides a balanced curriculum.

You may wish to swap the order of subjects to suit your own needs.

A blank timetable is on the next page.

KS3		1	2	3	4	5
Mon	Form time slides	English	Science	Maths	RE	Exercise
Tue	Form time slides	History	MFL	Exercise	Art	Per Arts
Wed	Form time slides	Music	IT	English	Exercise	Science
Thur	Form time slides	Maths	Geography	Exercise	History	RE
Fri	Form time slides	Art	English	Maths	Science	Exercise

KS4		1	2	3	4	5
Mon	Form time slides	Opt B	Science	Option C	English	Maths
Tue	Form time slides	Option C	English	Exercise	Option A	Science
Wed	Form time slides	Science	Option A	Maths	Option D	Exercise
Thur	Form time slides	Opt D	Opt B	Exercise	English	Option C
Fri	Form time slides	Option A	Maths	Option D	Option B	Exercise



	1	2	3	4	5
Mon	Form time slides				
Tue	Form time slides				
Wed	Form time slides				
Thur	Form time slides				
Fri	Form time slides				

Accessing Online Resources



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Deyes High Resources can be accessed here at the Temporary SharePoint Portal:

<https://tinyurl.com/rqr3c6p>



Contact school if you are experiencing any problems, either via email emailhelp@deyeshigh.com or phone 0151 526 3814

Many subjects have online platforms that compliment the curriculums

Seneca Learning is the preferred online platform for the **Science Department** but also has online quiz resources for

KS3: Science, English, Maths, French, Computer Science, Geography and History

KS4: Science, Business, D&T, Comp Science, English, Food Prep & Nutrition, French, Geography, History, Maths, PE, RE, Sociology

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

GCSE Pod is used by the **English Department**

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

Memrise is used by the **MFL Department**

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

Hegarty Maths is used by the **Maths Department**

<https://hegartymaths.com/>

Also **BBC Bitesize** is available for many subjects <https://www.bbc.co.uk/bitesize>

If you have any queries regarding online learning please contact **Mr Delaney**

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Knowledge Organisers



<https://www.deyeshigh.co.uk/knowledge-organisers/>

We will continue to create and upload Knowledge Organisers for every topic in every year group. This will be uploaded to the link above every Half Term. These resources cover all of the key knowledge that students would be expected to recall. They are a great source of information and a great starting point for the creating revision resources such as flash cards. Parents can help by testing children on the content.

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Using Show My Homework

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Show My Homework

<https://www.satchelone.com/login>



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Show My Homework is an excellent platform for organising work and for submitting completed work to teachers.

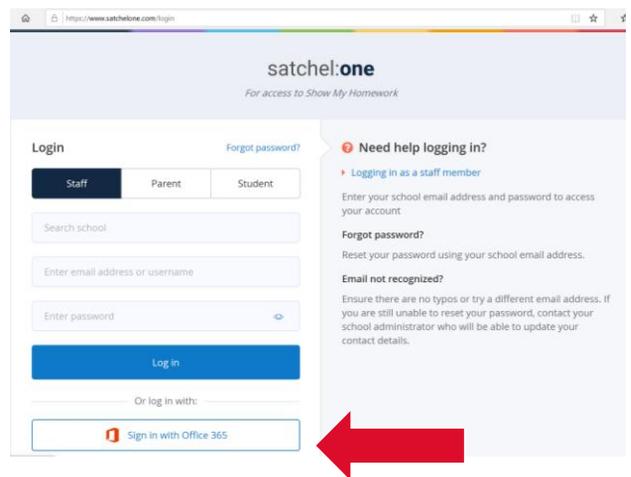
Students should use SMHW to submit only the work requested by teachers. All work should be saved locally for revision at a late date.

Teachers will use the platform to set tasks, link to resources and provide deadlines.

Students can log-in to SMHW on any device.

Many students use the App downloaded to their device but this has, on occasion, been one source of problems.

It is strongly advised that you access SHMW through a web browser on your device by either googling Show My Homework or clicking the link above.



Students must then opt to log-in using Office 365

This then requires their normal school account username and password

Help and Guidance for Students & Parents

Satchel provide excellent support. The link below has many tutorials, walk-throughs with screenshots and videos. The chat function is excellent and response times are quick.

<https://help.teamsatchel.com/en/>

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Key Areas of Office 365

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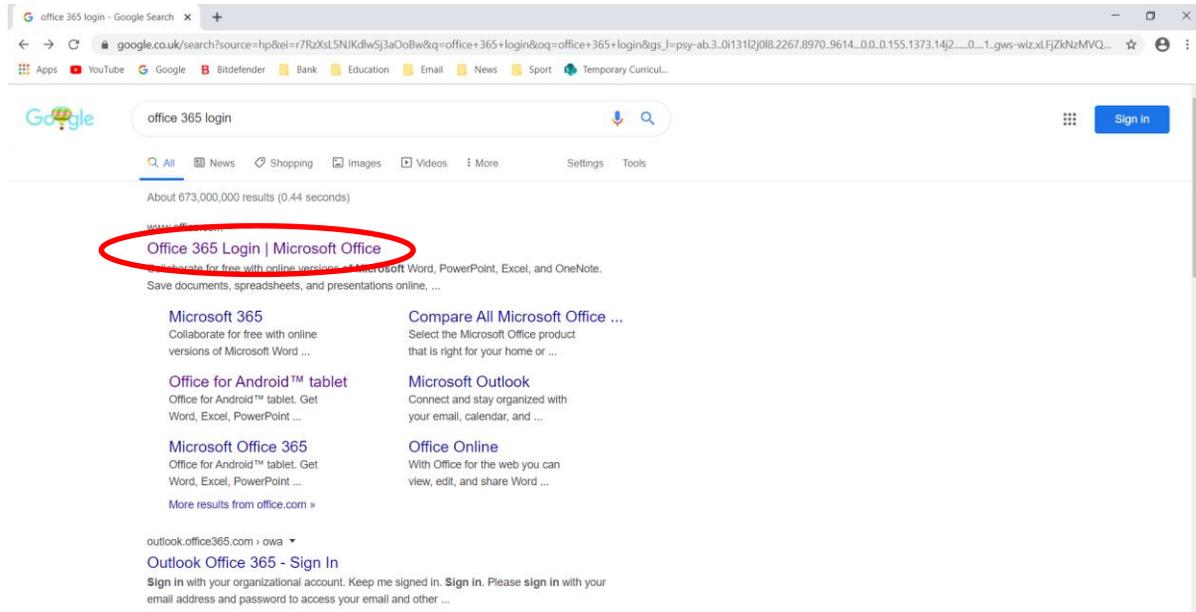


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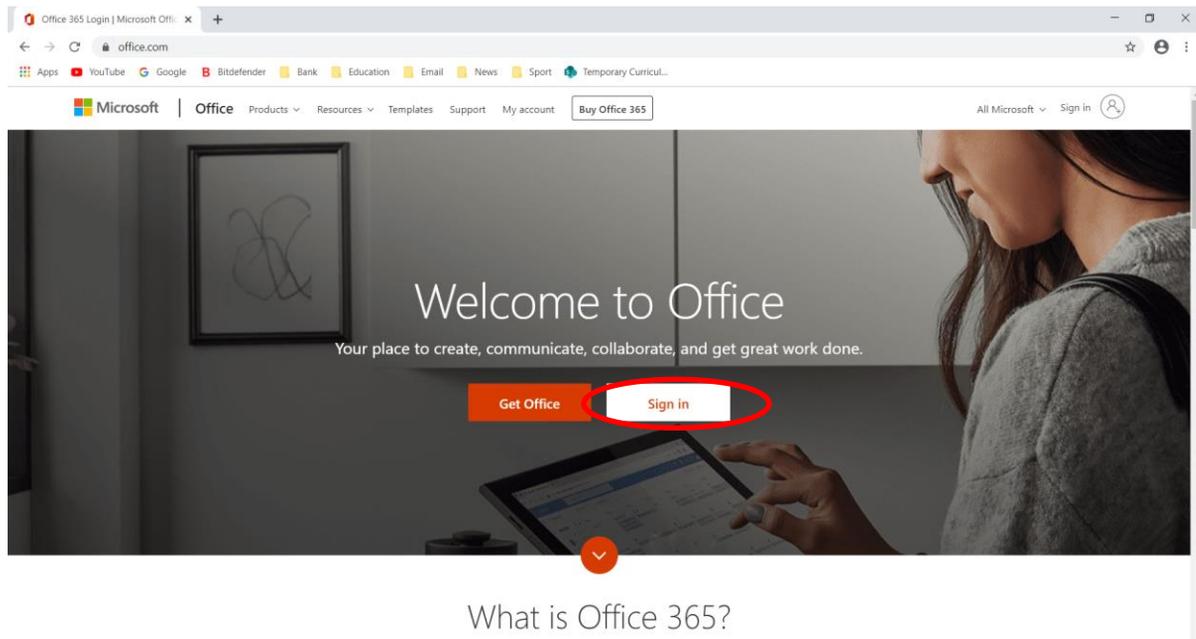
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Logging In

Type in 'Office 365 Login' into a search engine such as Google. (You could sign in via the website as explained in the document 'Three ways to download or save a File from Deyes High Website').



Select Sign in



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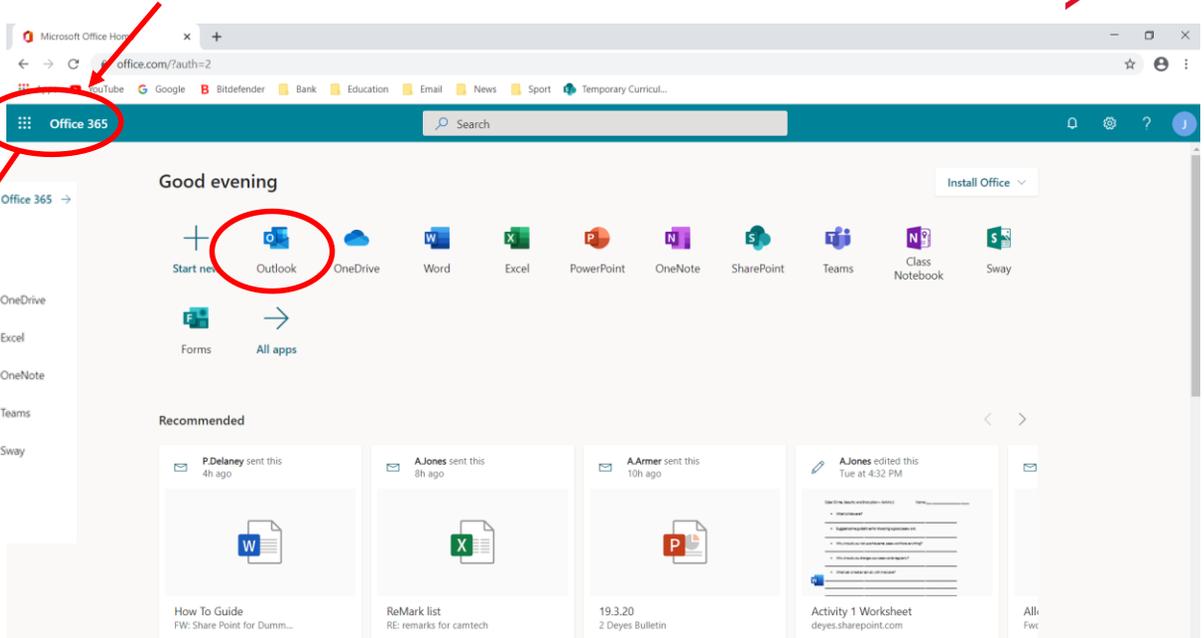
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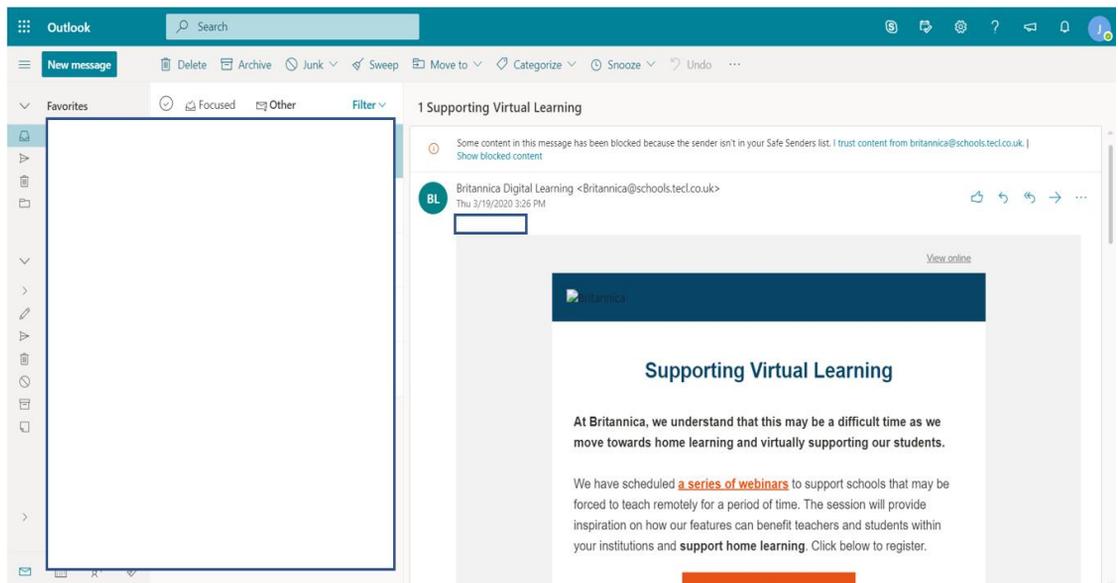
Navigation

You will see the next screen with various options. You can also use the APP LAUNCHER in the corner of each page to navigate around OFFICE 365.



OUTLOOK email

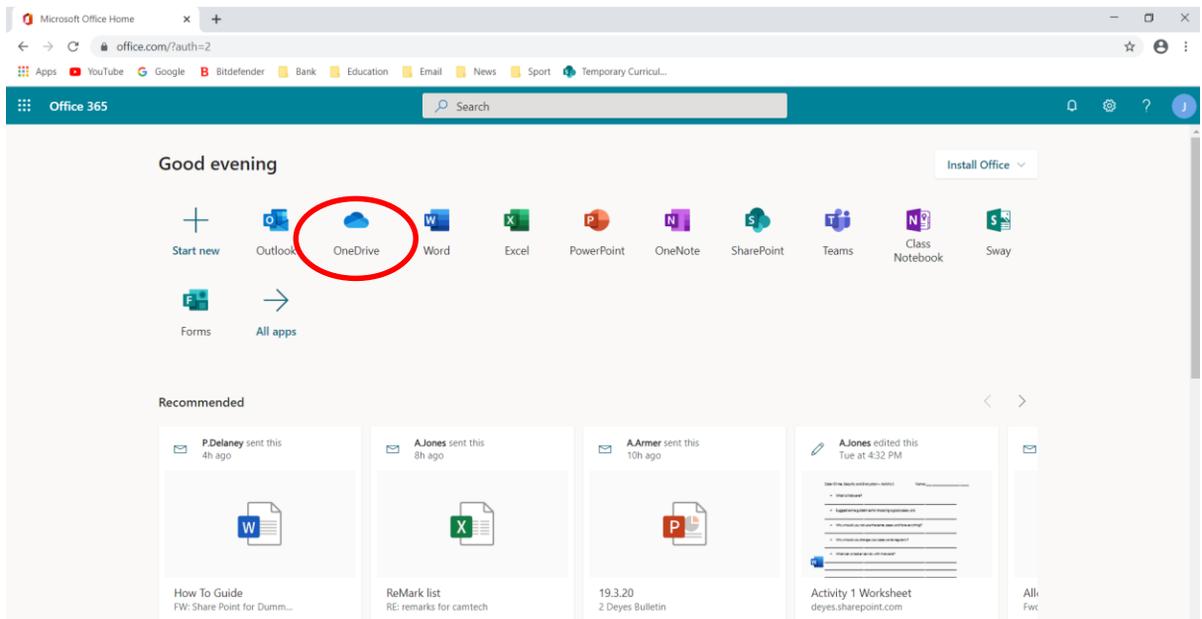
If you choose OUTLOOK this will take you to your email account as seen below (this will function as a normal email account)





ONE DRIVE - Storage area

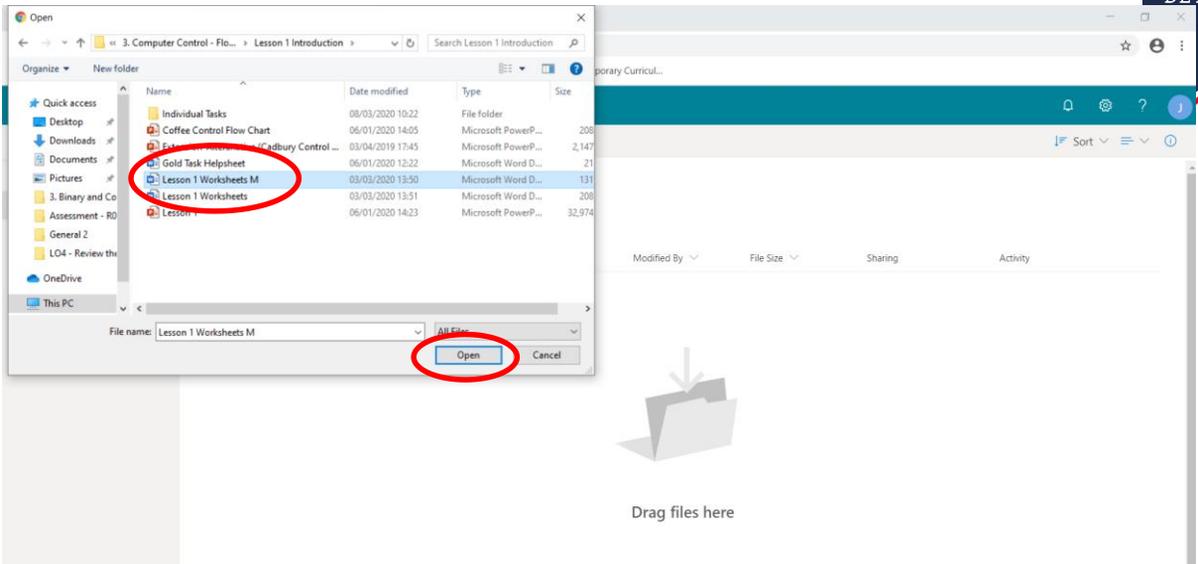
If you choose ONEDRIVE this will take you to your storage area where you can download and upload files and folders.



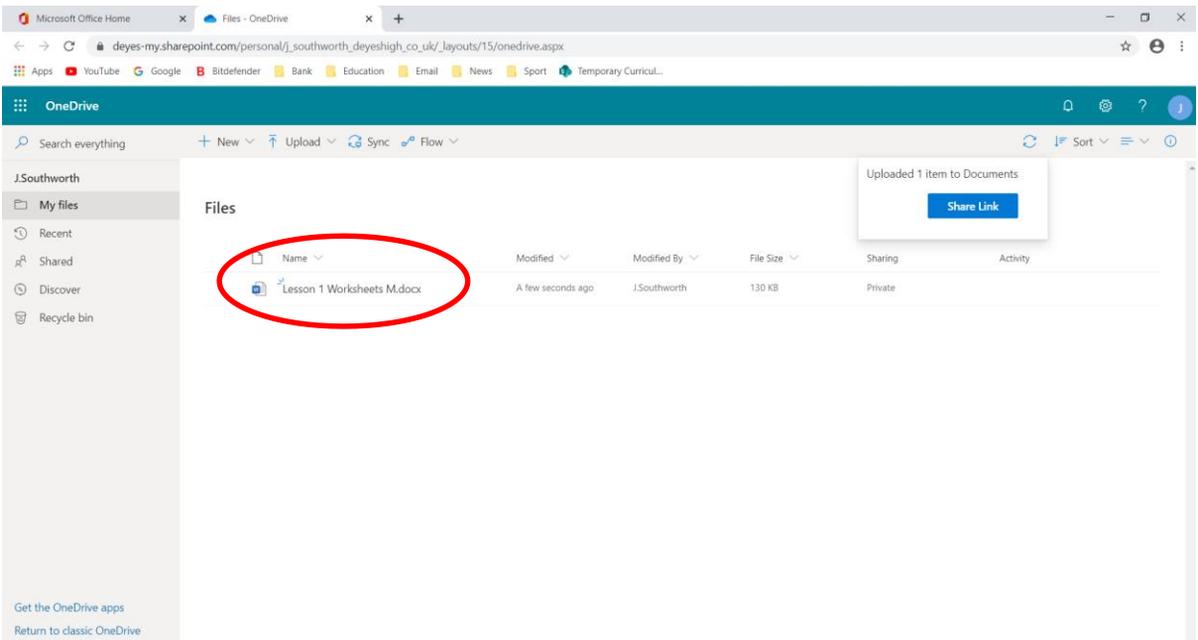
This screen will appear where you can Upload Files and Folders to your account



Select a File to upload and choose open



It will now appear in your account and can be edited if required

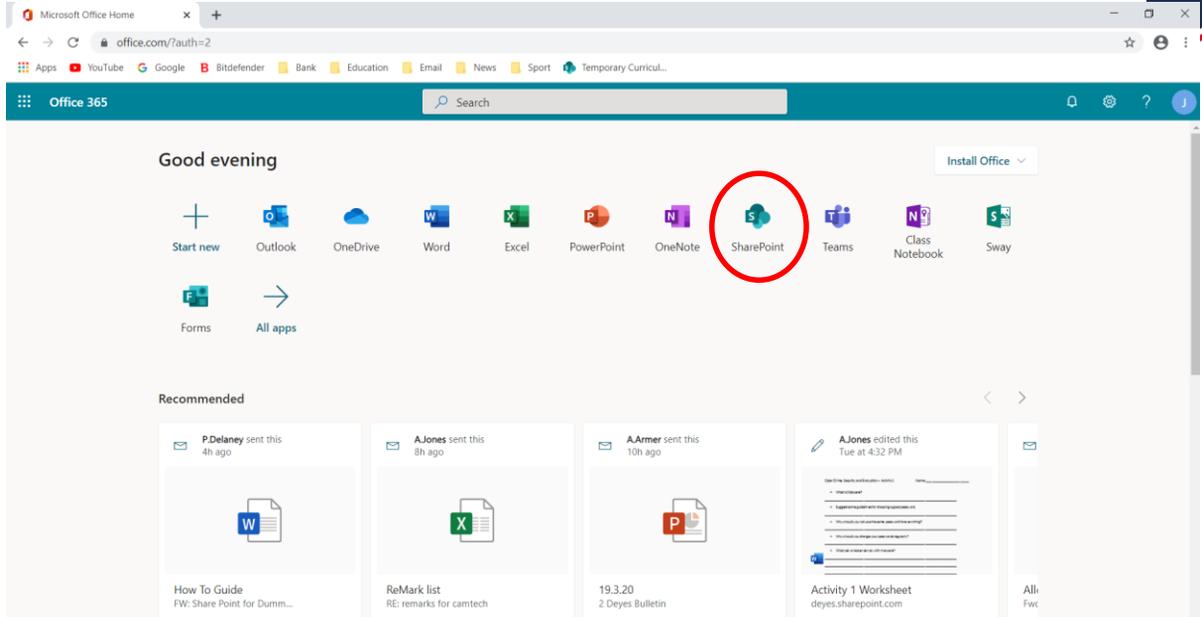


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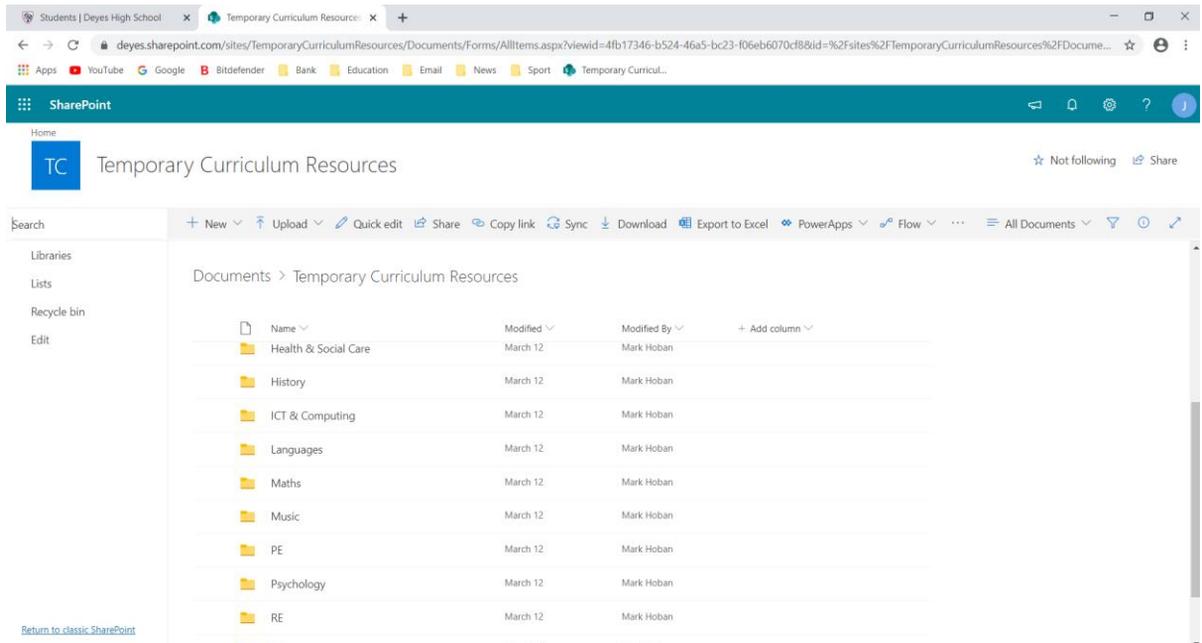


SHAREPOINT – Sharing files and folders

If you choose SHAREPOINT this will take you to a shared resource where File and Folders from Curriculum Areas will be located.



This will take you to a place like this (SHAREPOINT has been explained in another document ‘Three ways to download or save a File from Deyes High Website’). You may have to go via the website to get the Folders below, your individual SHAREPOINT maybe empty or a curriculum department may have sent you a file/folder that is stored in there.

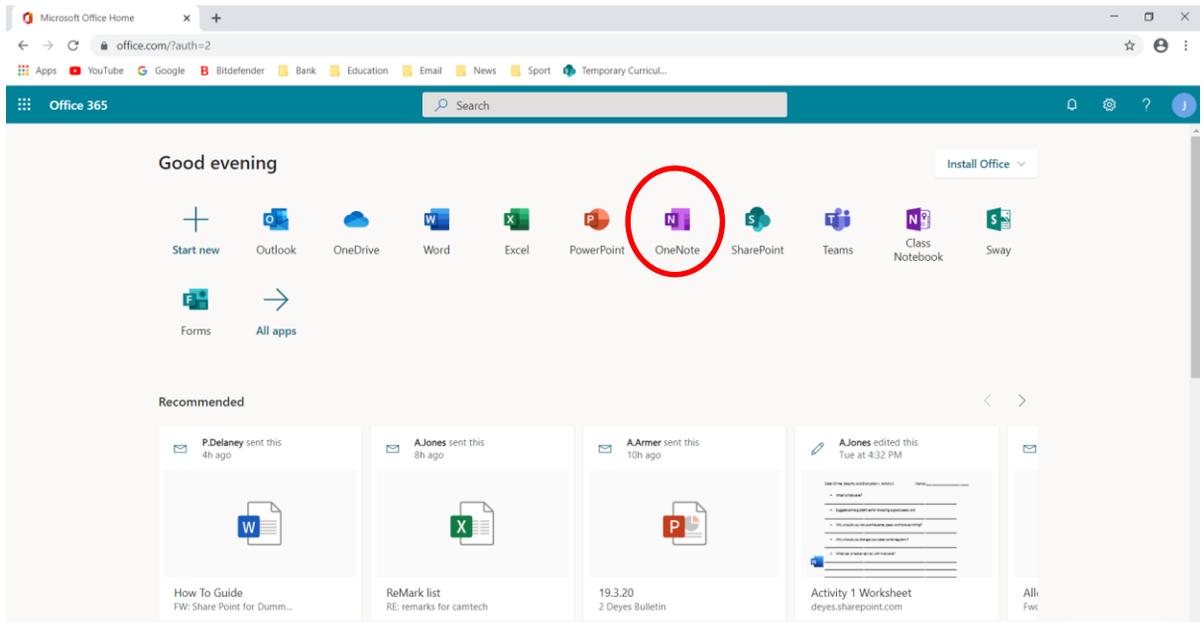


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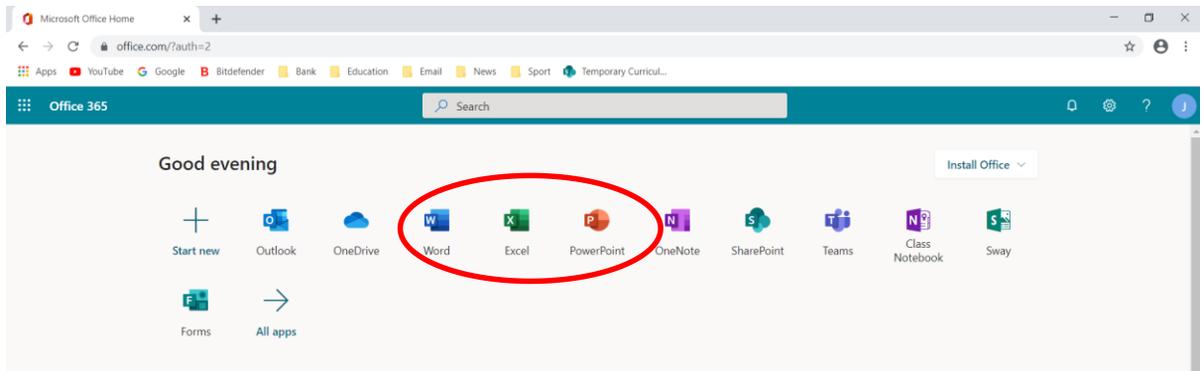
ONENOTE

ONENOTE is available, this will probably have been set up by one of your teachers and you may be using it already. This will target specific classes and different ONENOTE groups may be set up over the course of the next few weeks (You will be notified of this).



MICROSOFT OFFICE APPS

There are also applications available for example Word, Excel and PowerPoint. You can create and edit new documents and save them to ONEDRIVE or your preferred device.



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3 ways to Download or Save a File from DHS

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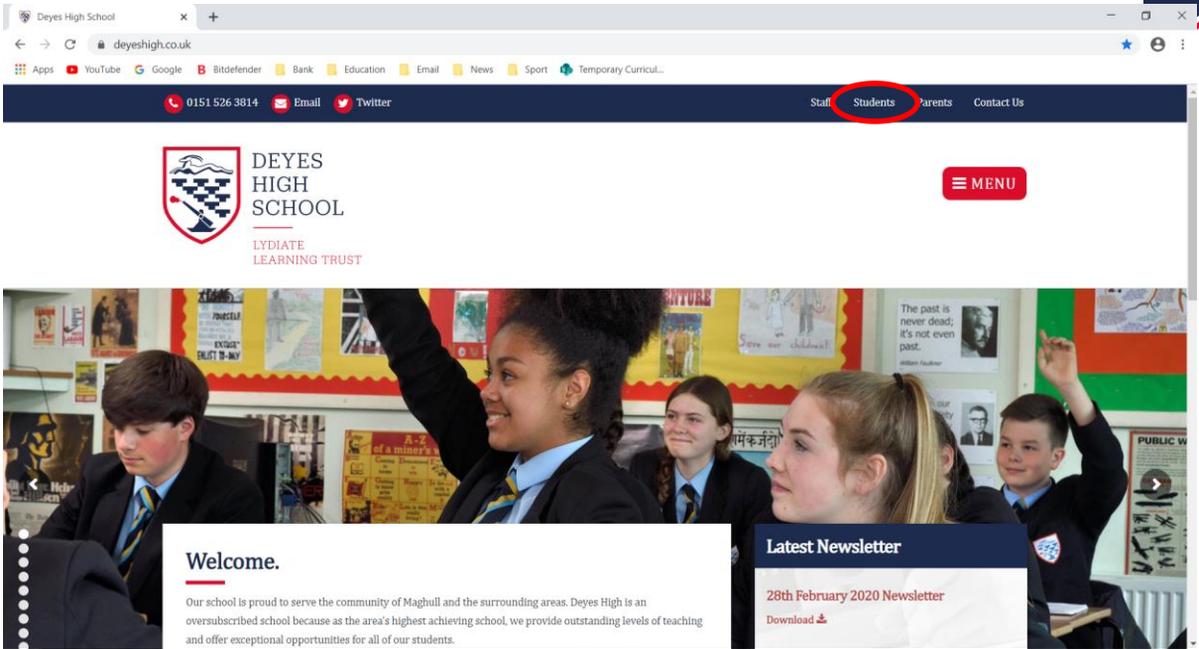


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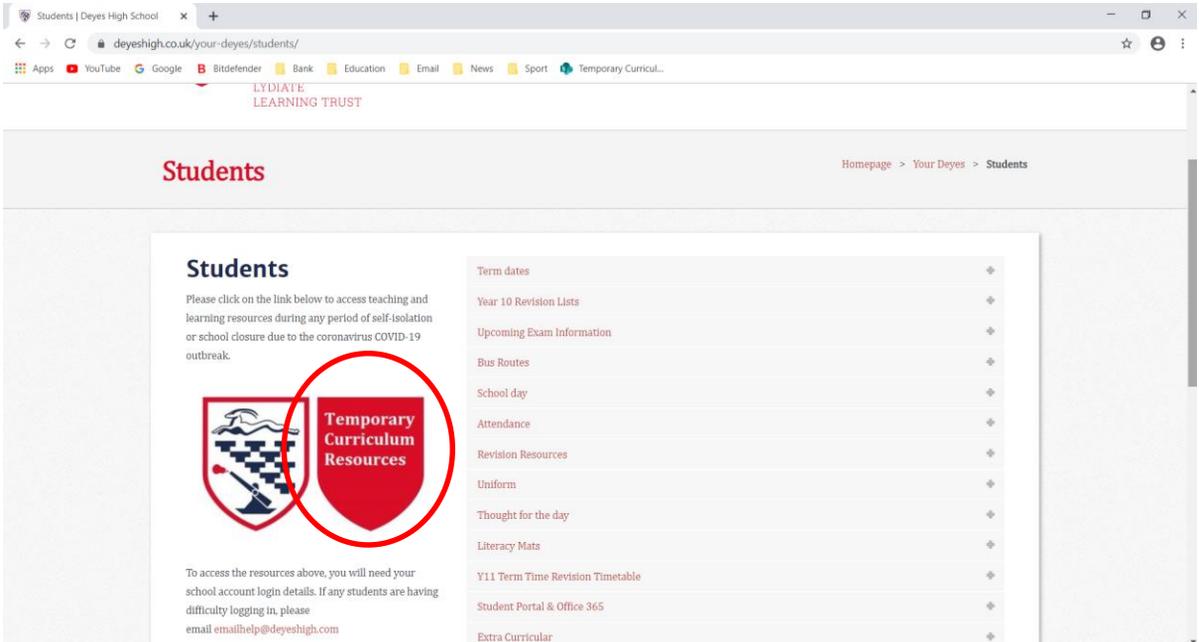
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1 At the Deyes High Website select Students



2 Then select Temporary Curriculum Resources

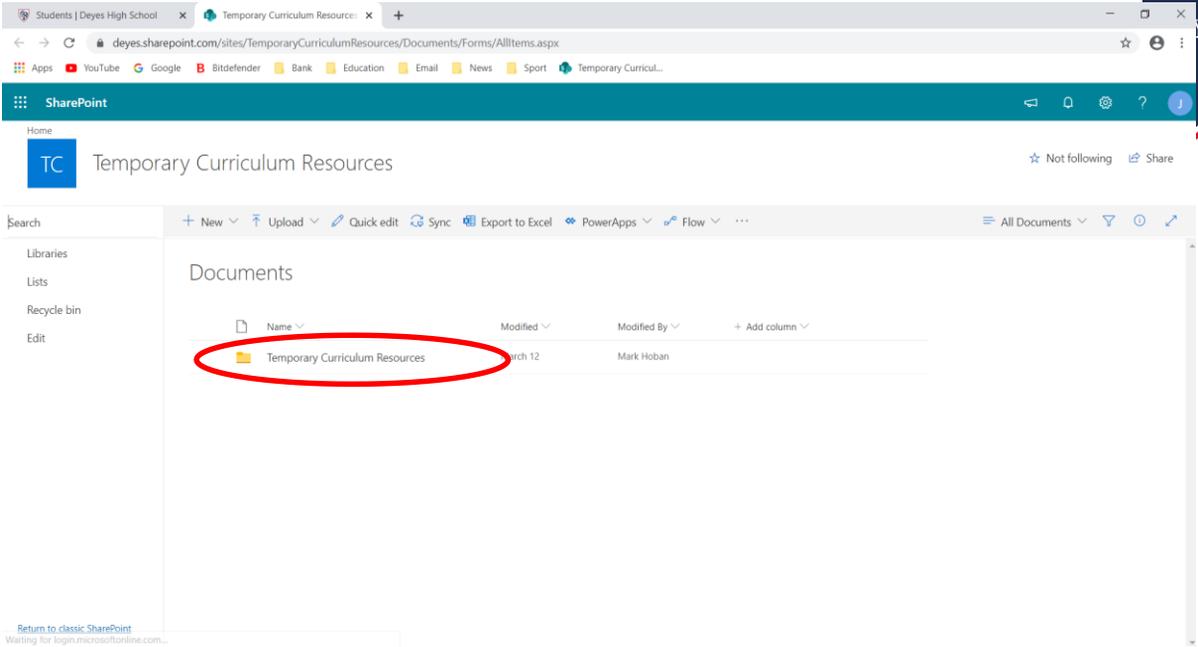


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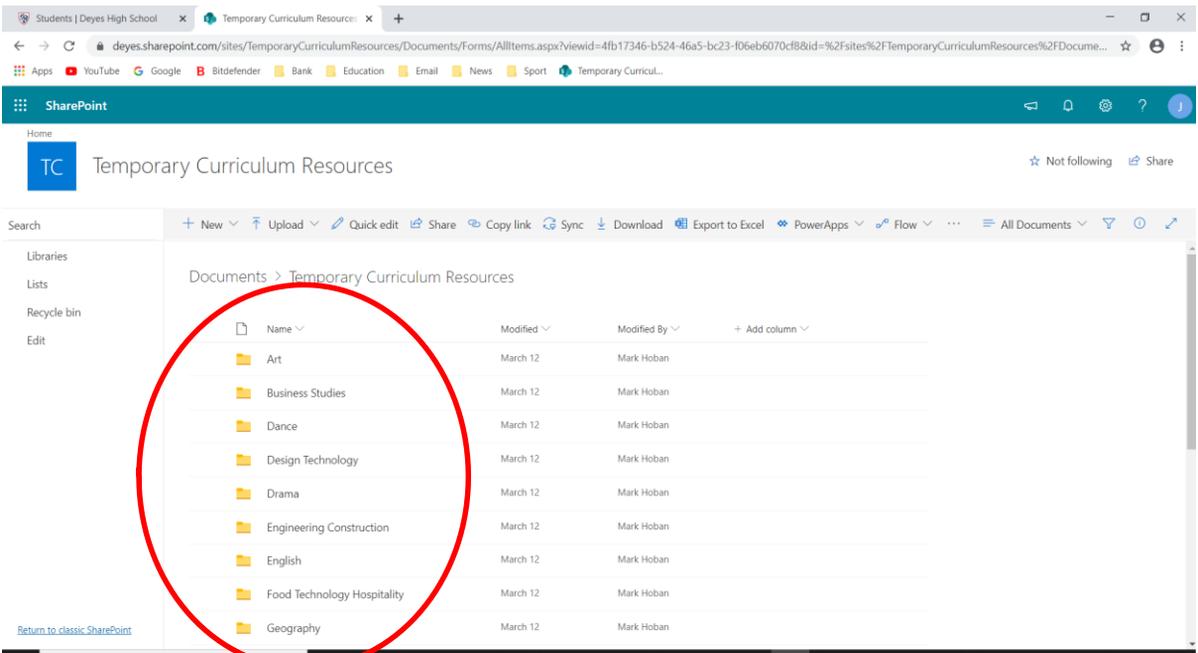


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3 In 'SharePoint' select the Temporary Curriculum Resources Folder



4 You will then see all curriculum areas

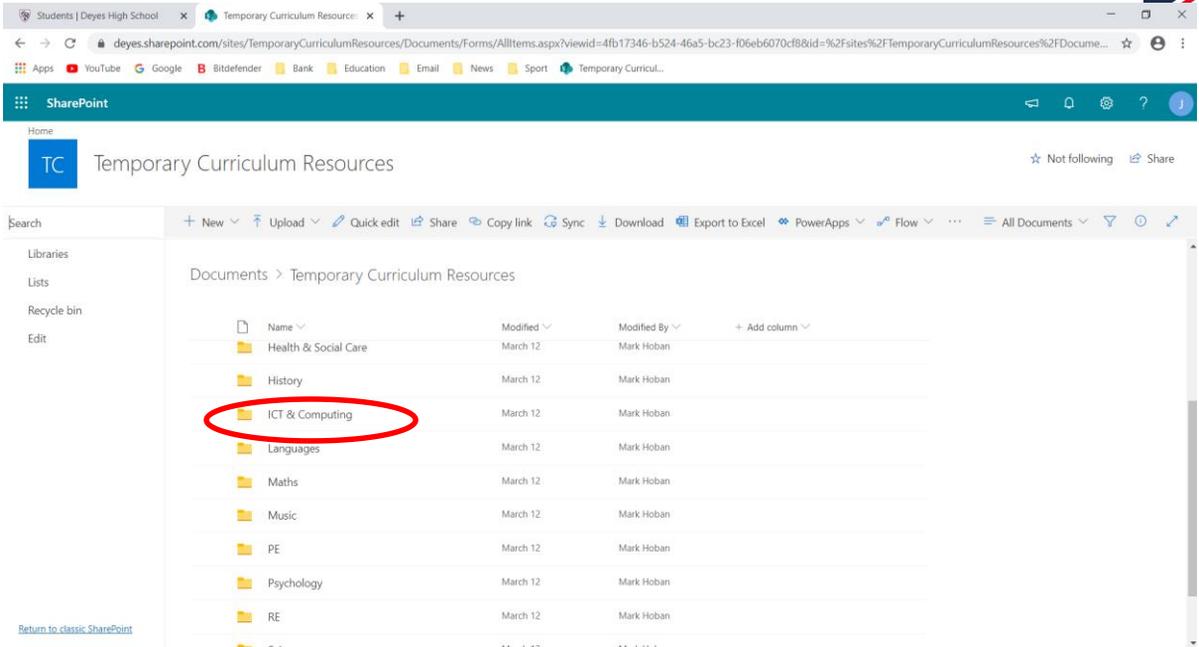


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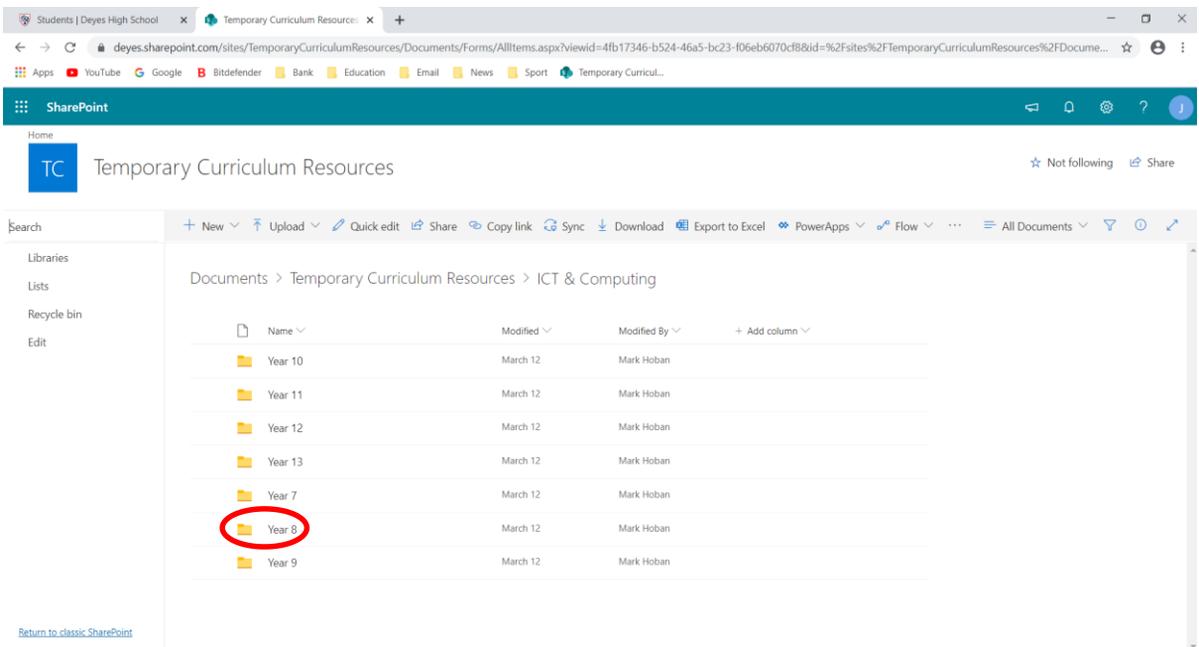




5 Choose a specific curriculum area



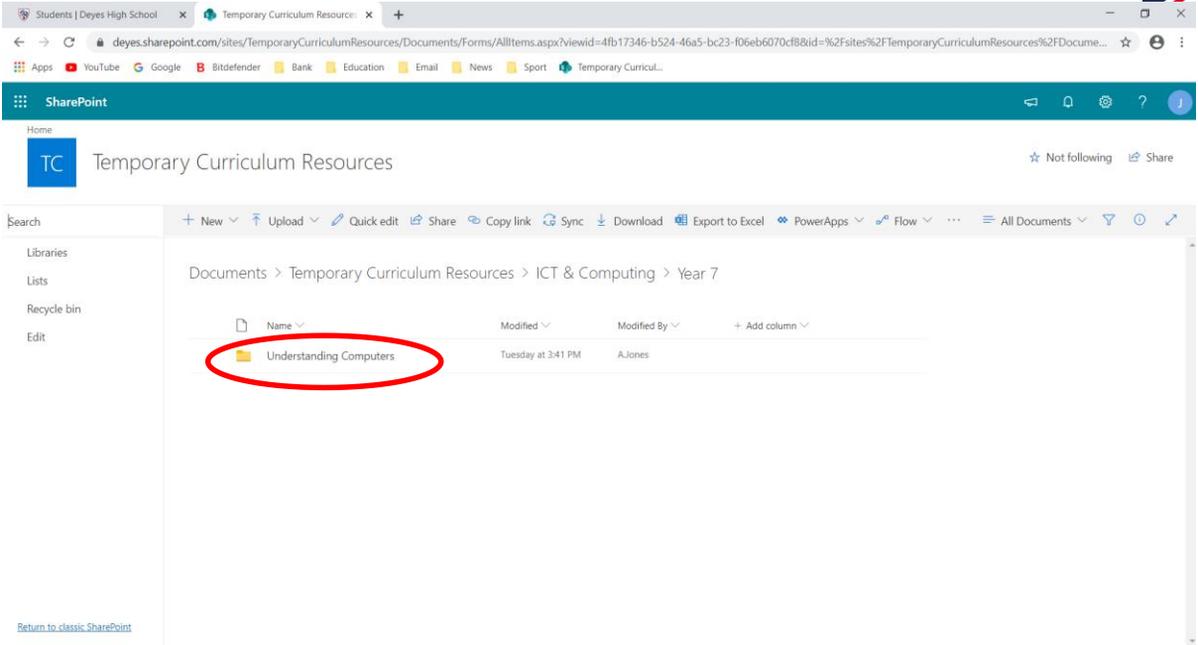
6 You will then choose an appropriate year



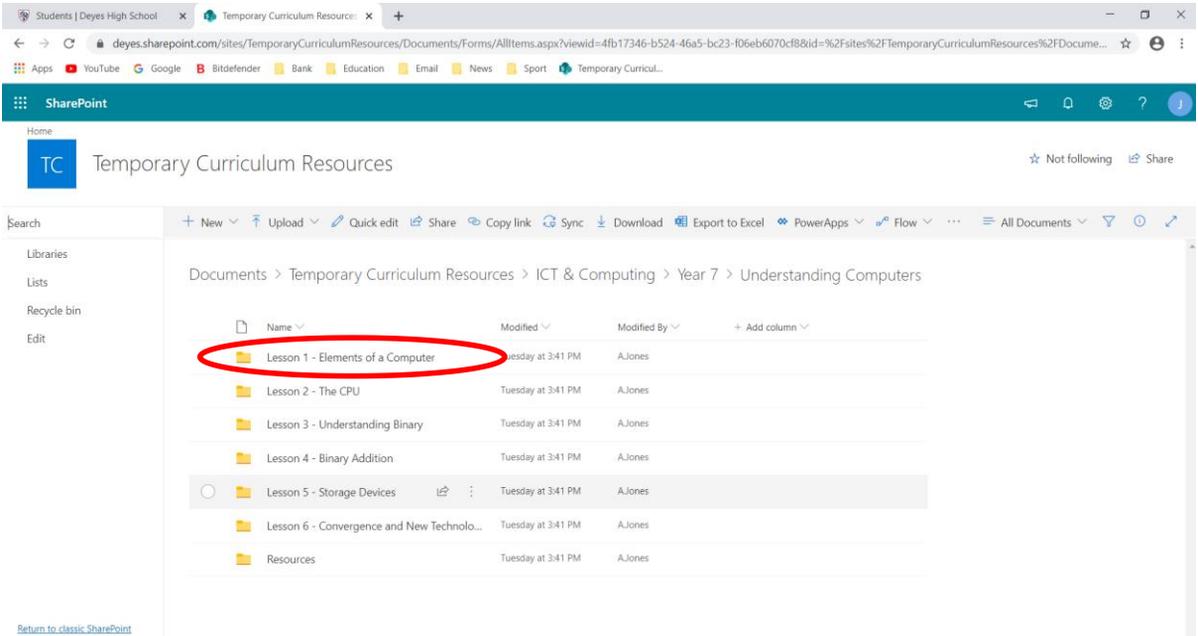
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7 You will then see a certain topic



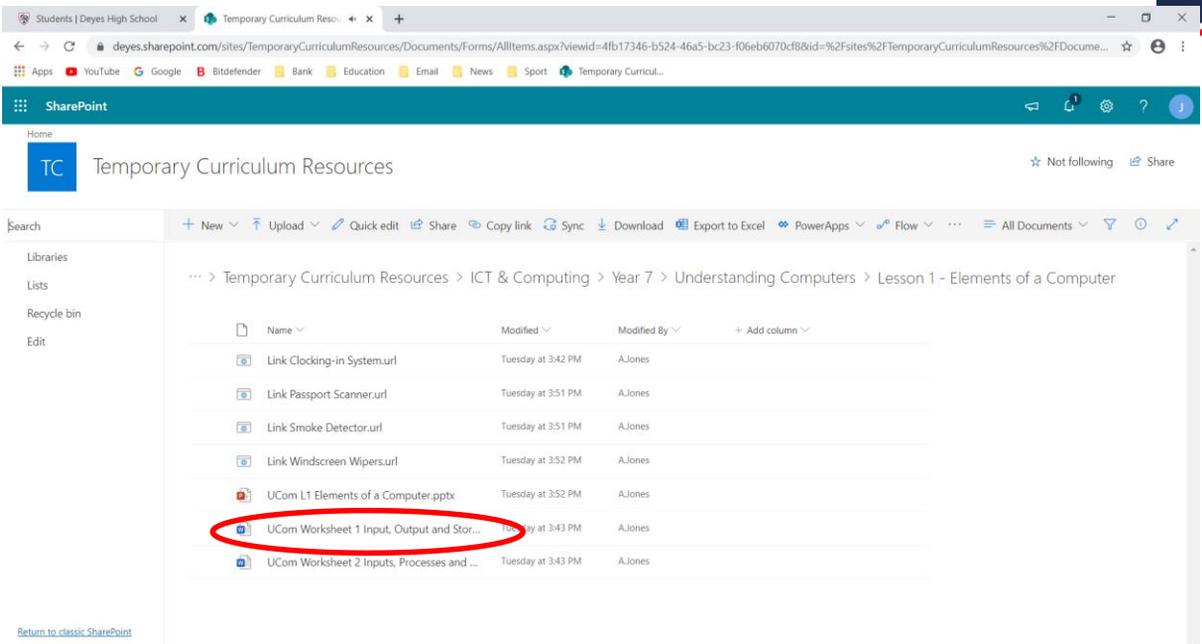
8 Start with Lesson 1 for example



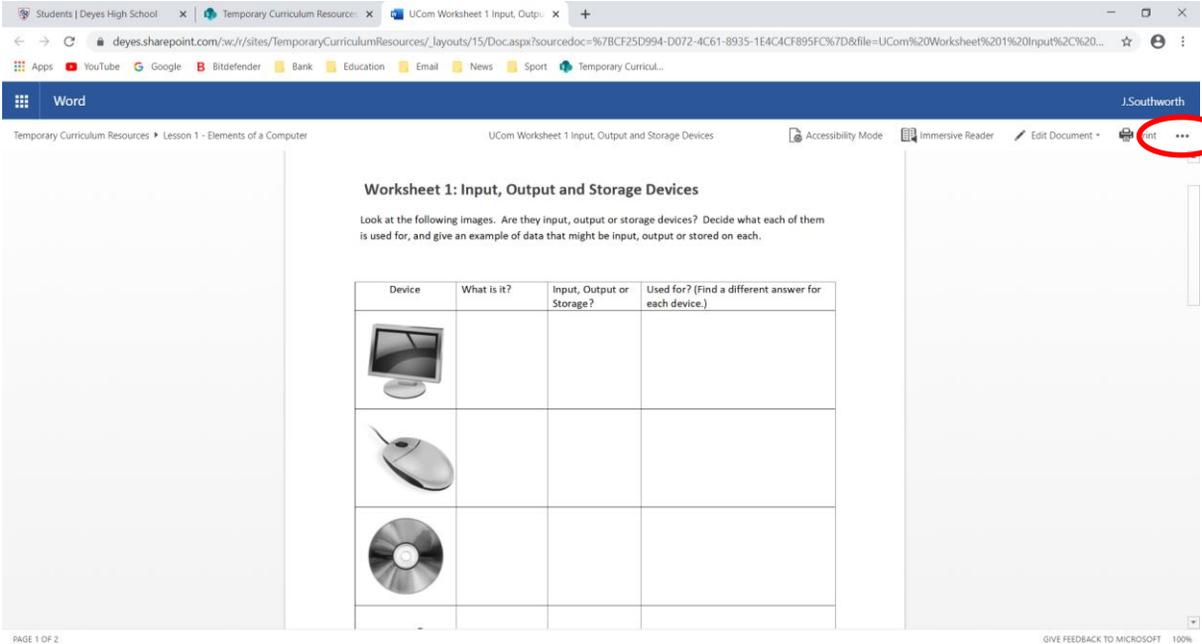
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9 You can then select a specific file



10 You will then see three dots at the right-hand side of the page





11 You will see several options, in this case choose download

Worksheet 1: Input, Output and Storage Devices

Look at the following images. Are they input, output or storage devices? Decide what each of them is used for, and give an example of data that might be input, output or stored on each.

Device	What is it?	Input, Output or Storage?	Used for? (Find a different answer for each device.)
			
			
			

12 The file will/should appear at the bottom left hand corner, click on this.

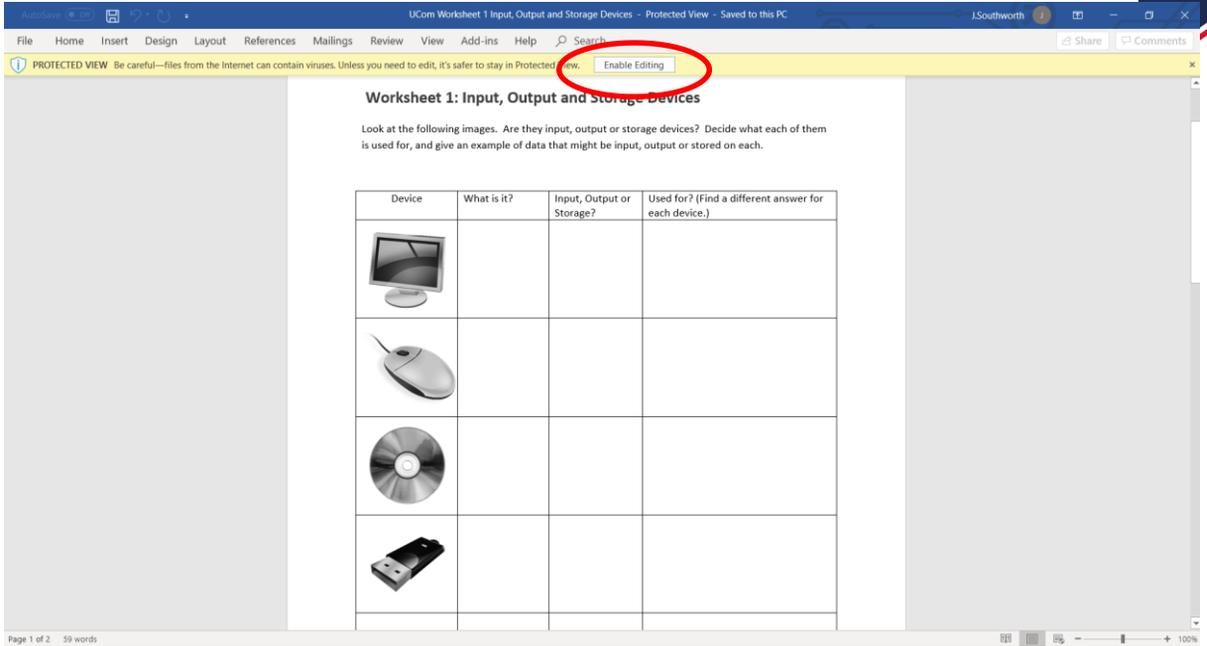
Worksheet 1: Input, Output and Storage Devices

Look at the following images. Are they input, output or storage devices? Decide what each of them is used for, and give an example of data that might be input, output or stored on each.

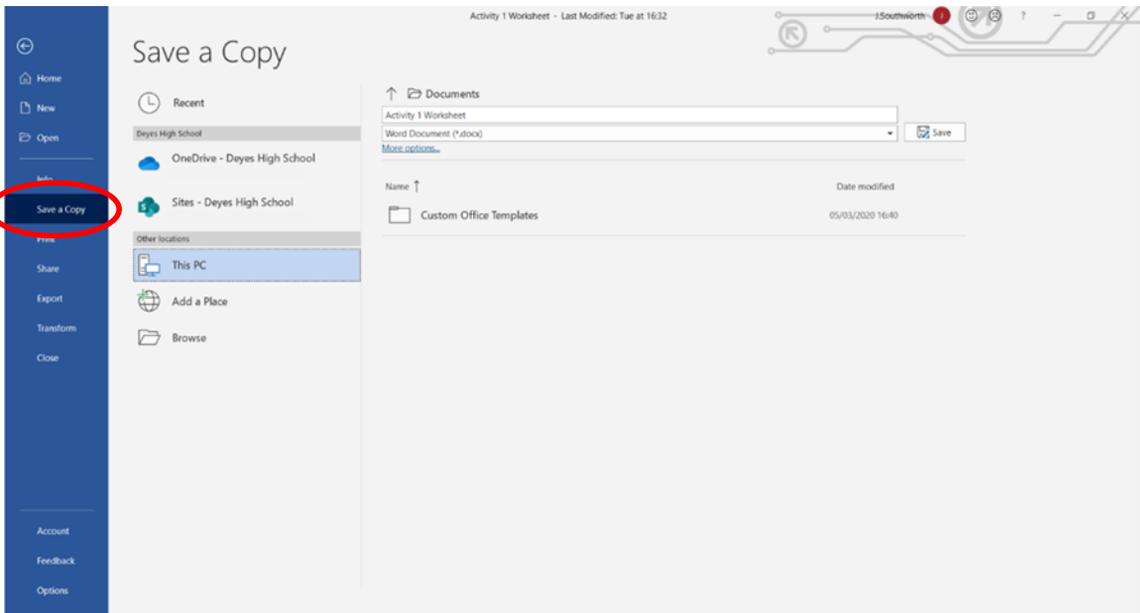
Device	What is it?	Input, Output or Storage?	Used for? (Find a different answer for each device.)
			
			
			



13 You will need to select 'Enable editing' in order to complete the task

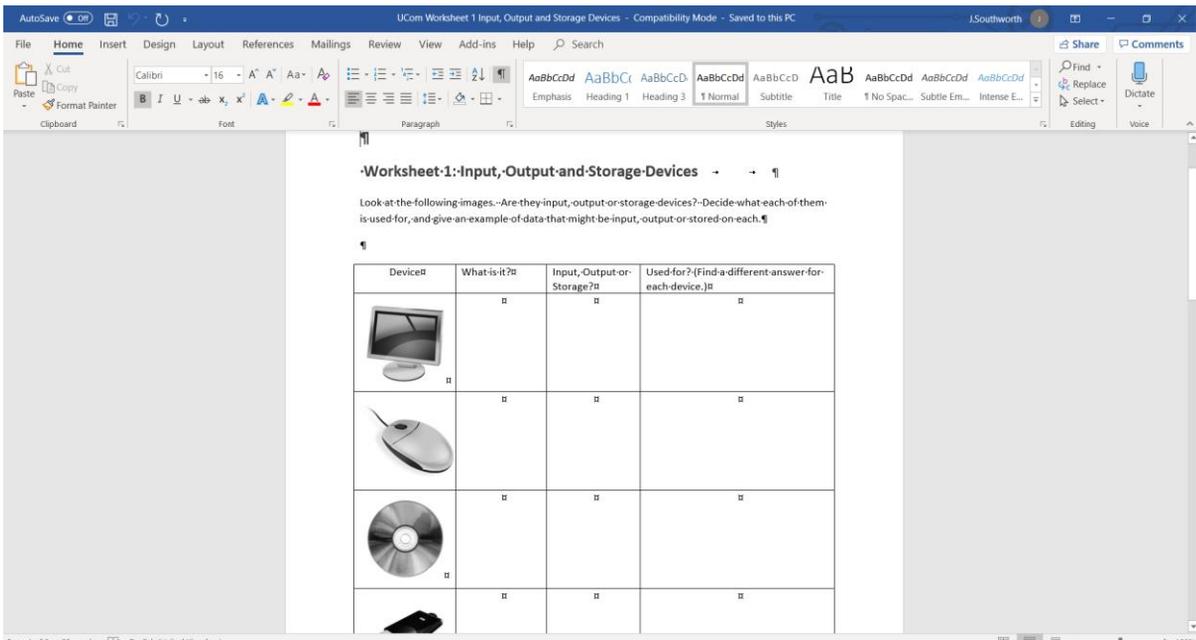


14 You can then save it to an area/device of your choice





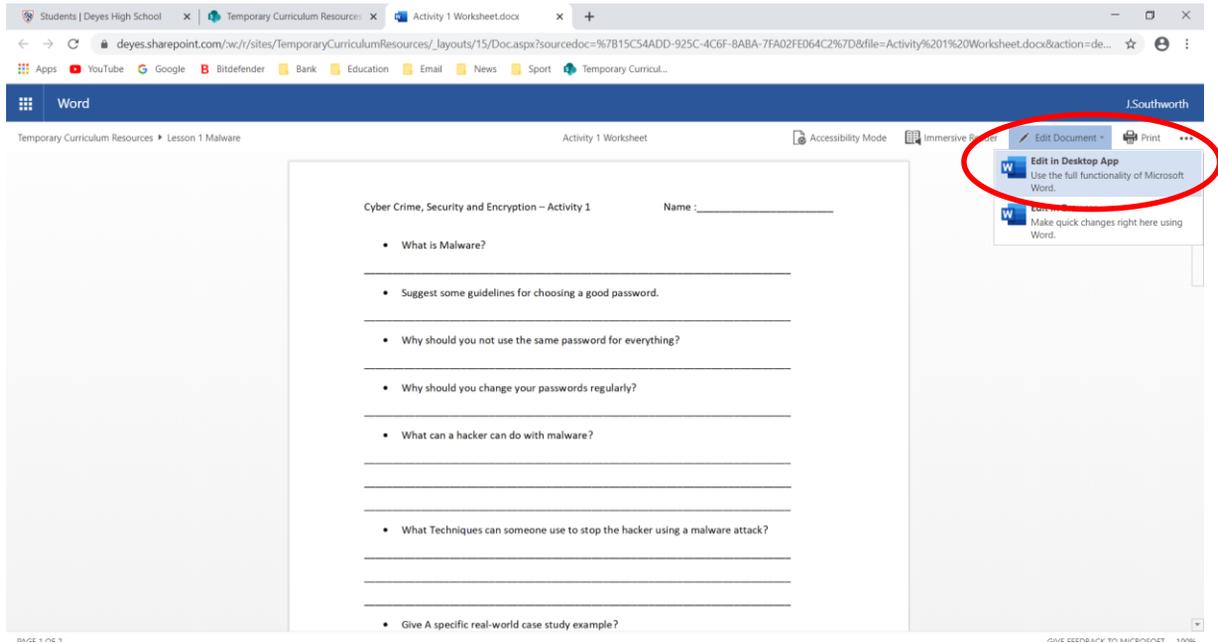
15 You can now write to the downloaded file and then save any changes.



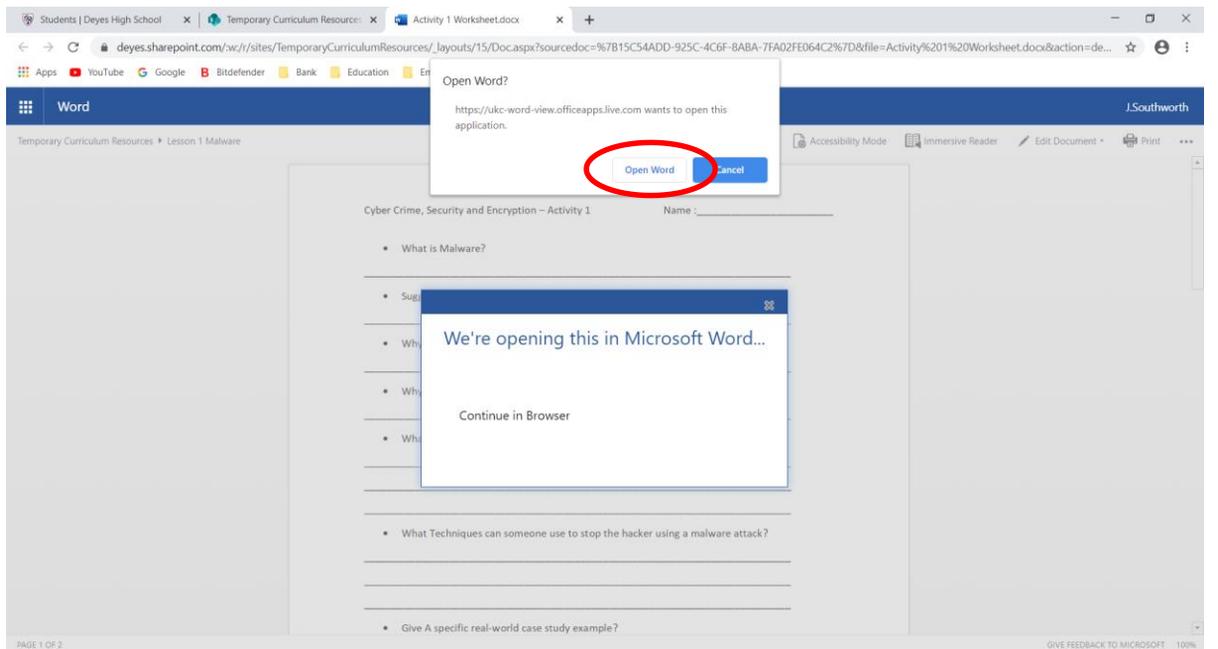


Second way to download a file – After steps 1-11

Select 'Edit Document' and then 'Edit in Desktop App'

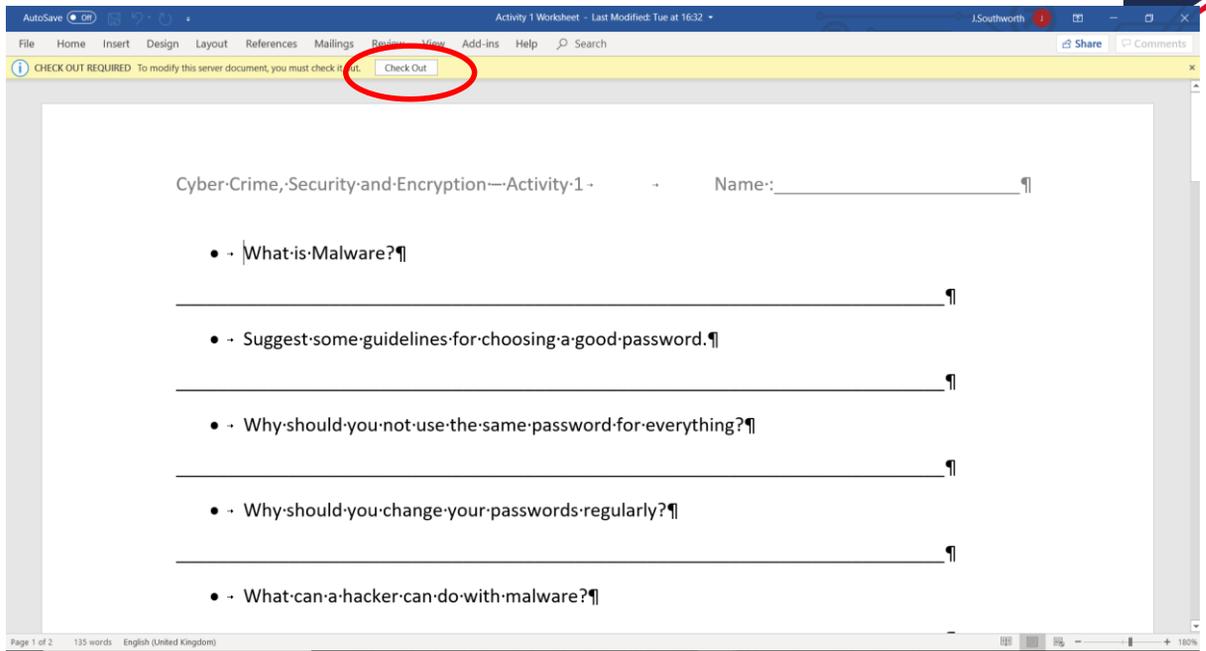


Select 'Open Word'

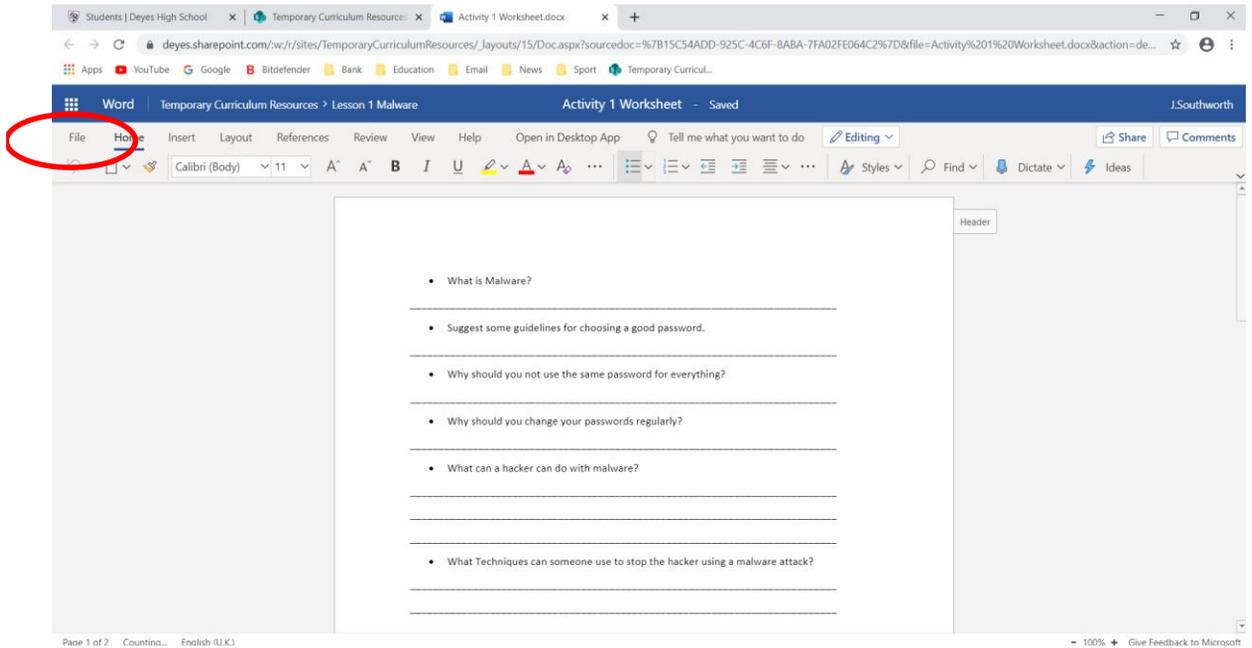




Select 'Check Out'

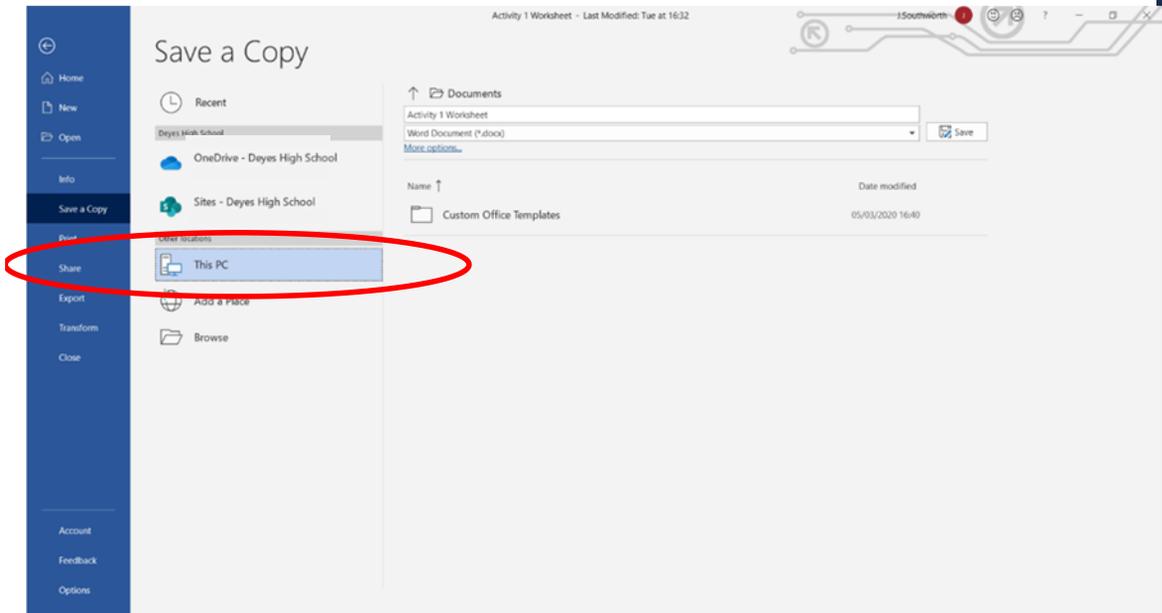


Select File

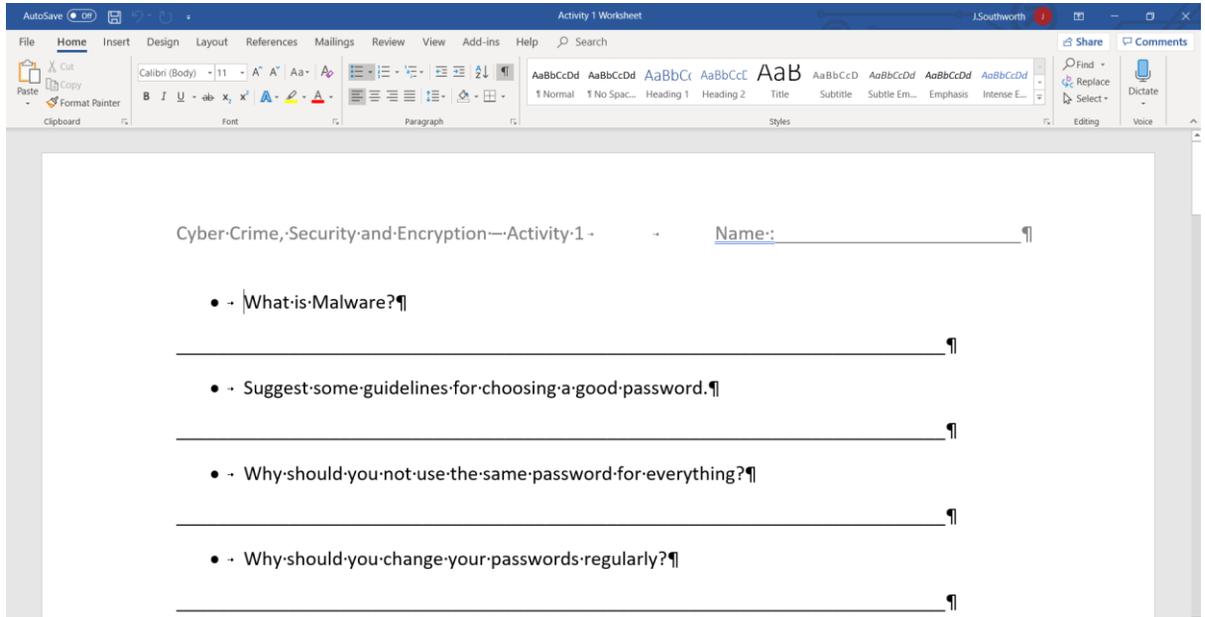




You can then save it to an area/device of your choice



You can now write to the downloaded file and then save any changes.

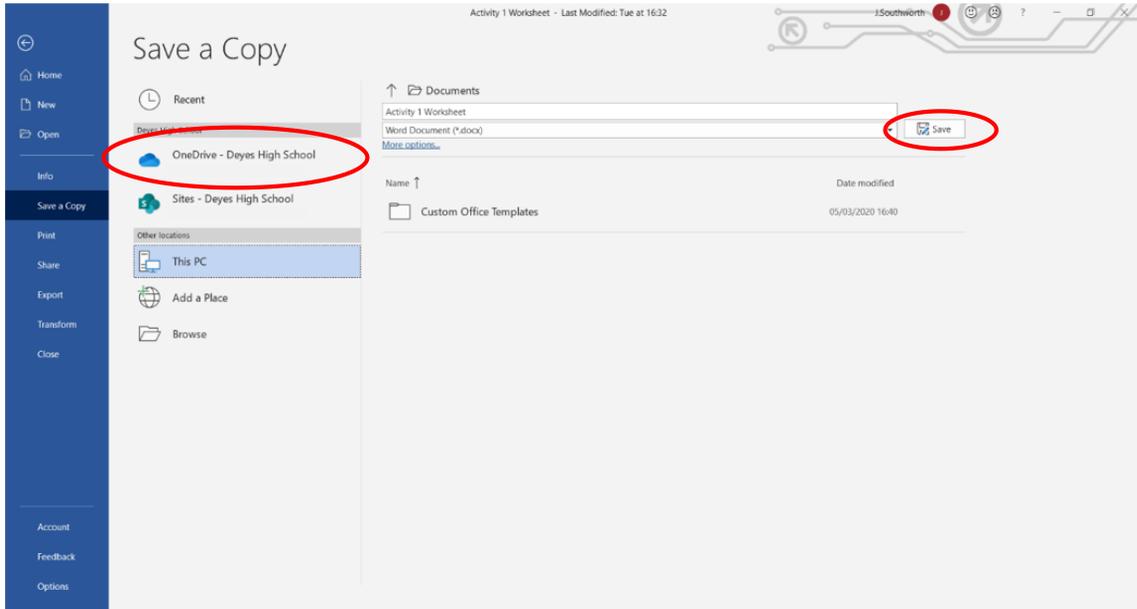


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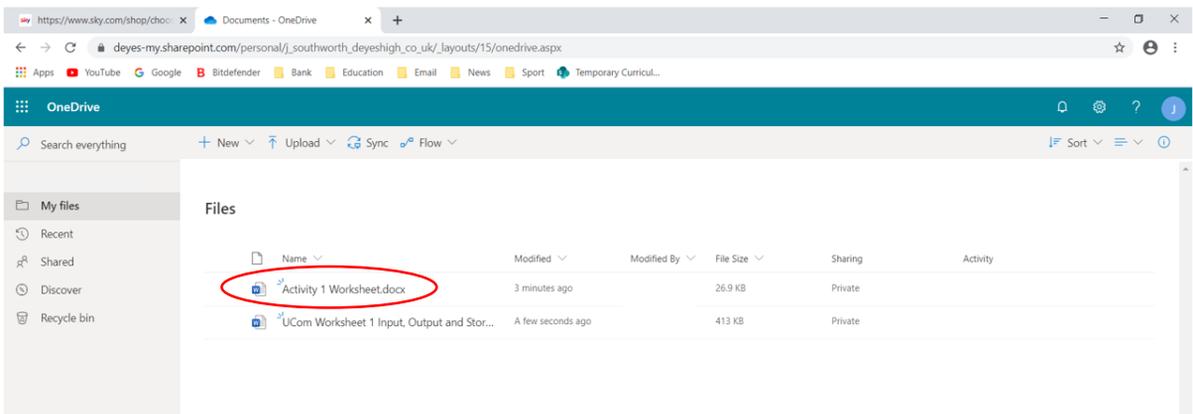


Third way to save a file

Save to ONEDRIVE, your on line storage area.



This is now saved in ONEDRIVE and can be edited in ONEDRIVE and resaved.



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