

School Closure Information for Students

Home Study

Working from home with the current circumstances is likely a new experience for all of us, and we want to reassure you that it is normal to feel anxious, worried or even excited about this time.

We have put together this presentation to guide you through the time you will spend at home, helping you to ensure that you are completing the work that is set for you, whilst also finding a balance to maintain good physical and mental health.

If you need any help or advice you can contact your course tutor; if you do not have their email address, the email address for the head of your department is on slide 6.

Expectations

Even though you are at home, you will still need to complete work that has been set by your course tutor - this is to ensure that you are still making progress and on-track to achieve at the end of the year.

You can view the work that has been set for you on Microsoft Teams (more information on this is on the next slide).

Microsoft Teams

Microsoft Teams is where you will find the work that you need to complete whilst the College is closed. You may have already used it before for homework or coursework.

Where can I log in to Teams?

You can access Teams by logging in to your [Microsoft account](#) online. You can also download a free desktop app directly to your computer or laptop.

What do I do if I can't access Teams?

If you're having any difficulty logging-in or seeing the work that has been set for you, please get in touch with your course tutor.

Health and Routine

- ▶ It is important that you continue good hygiene practises, even whilst you are at home or self-isolating. Remember to regularly wash your hands with soap and water for 20 seconds and catch coughs and sneezes in tissues where possible.
- ▶ Maintaining a routine whilst you are at home is very important; it will help you to complete your set work on time as well as make it easy to get back into your college routine once schools re-open.
- ▶ Ensure that you are going to bed on time, and waking up at a normal time in the morning. Sticking to a routine also means eating nutritious meals, eating your 5-a-day and drinking plenty of water - this will help to keep your immune system strong and healthy.
- ▶ Try to limit the amount of time your spend online, on social media and reading the news, this may only make you feel more anxious about the current situation.

Mental Health and Wellbeing

This is a time of uncertainty that will no doubt have an effect on your mental health and wellbeing. It is important to take care of your mental health as well as your physical health during this time, so we have put together some tips to help you get through this home-study period:

- ▶ Routine - as we mentioned in the previous slide, sticking to a daily routine that is similar to the one you use for College will to keep you focused.
- ▶ Breaks - take regular breaks between studying, like you would if you were at College. You may also want to consider taking a break from social media during this time as social media will often make anxiety in these situations worse.
- ▶ Exercise - exercise is great for your mental health. It can also help to relieve stress. We recommend outdoor walks and indoor yoga if you have enough space.
- ▶ Mindfulness and Meditation - free apps like 'headspace' are a good way to unwind - they can guide you through meditation to help you to destress.
- ▶ Relaxation - whilst going out is currently discouraged, you should find ways to relax and do things you enjoy indoors - reading, listening to music and watching a film are all ways you can relax inside.

Useful Contacts

School Contacts

If you don't already have your course tutor's email address, you can contact the head of the department below:

- ▶ A-Levels - Andrea.Knight@shc.ac.uk
- ▶ Art & Design - Roger.Murrell@shc.ac.uk
- ▶ Catering & Hospitality - Sarah.Wells@shc.ac.uk
- ▶ Building Services - Paul.McDermott@shc.ac.uk
- ▶ Construction Trades - Bill.Vilkho@shc.ac.uk
- ▶ Health, Social & Child Care - Stephanie.Hamilton@shc.ac.uk
- ▶ Sport & Public Services - Vivien.Barrett@shc.ac.uk
- ▶ Hair & Beauty - Vivien.Barrett@shc.ac.uk
- ▶ Science - Paul.McDermott@shc.ac.uk
- ▶ Computing, Business & Media - Andrew.James@shc.ac.uk
- ▶ Inclusive Learning - Daniel.Marchant@shc.ac.uk

Other Organisations

If you'd like to speak with someone that you don't know or speak anonymously, you can contact:

- ▶ Childline - www.childline.org.uk /0800 1111
- ▶ NSPCC - www.nspcc.org.uk /0808 800 5000
- ▶ Samaritans - www.Samaritans.org / 161 123

These organisations can help you with any issue.

For more specific advice or information:

- ▶ Drugs/Alcohol - www.talktofrank.com / 0300 123 6600
- ▶ Sex and Relationships - www.disrespectnobody.co.uk
- ▶ Mental Health - www.youngminds.org.uk
- ▶ Crime and Gangs - www.stgilestrust.org.uk

Remember, in the event of any kind of emergency, call 999

Staying in the Loop

Throughout this period, we will stay in contact with you and your parents/guardians via email and text. Any updates will also be posted to the website which you can view at: www.shc.ac.uk