

“Succeeding Together”



Learning At Home

Student Guide



KNOWLEDGE
IS POWER 

Contents:

1. Letter to Students
2. Successful Learning at home – *planning your day*
3. List of Useful Websites for learning at home
4. 11 Top Tips for wellbeing
5. Your Welfare – *where to get help*
6. Staying Fit and Healthy
7. Keeping the Brain Active: Recall Techniques
8. GCSE Pods Information
9. Supporting Families and The Facts



KNOWLEDGE
IS POWER 

Dear Student,

Witton Park Academy has had to close due to the spread of COVID 19, which is also called Coronavirus.

We do not know yet when the Academy will be open again. You should check the Academy website regularly for updates about this.

The closure means that you will need to spend time at home, with your family and take responsibility for your own learning.

We know that this may be a very upsetting time for you. It is important that you stay positive and that you follow the daily advice that is being issued by the Government. If you want good and accurate advice you should watch the news, such as Newsround, or listen to the news on the radio once a day. *Do not take advice from social media.*

This **Learning from Home** guide will help you stay organised and help stop you getting bored during your time at home.

Your teachers will still be working to support you, we are very fortunate as a school that we have Google classroom – a platform on which all of your lessons and learning can be set and posted. We also have GCSE pods and all of the other recommended websites that you are familiar using from your lessons.

Your teachers will set your work on Google classroom, but there are lots of ways that you can self-study too, and this guide gives you lots of information about that and some worksheets to do.

As well as studying, you should try to stay healthy and fit. We have given you information about how to do this too, even if you are stuck indoors.

Most importantly, take care and we'll see you soon.



“What does a
successful day
learning at
home look like?”



Learning at Home

A successful day of home learning should include the following:

- 30 to 60 minutes of exercise
- 30 to 60 minutes of reading
- 3 to 4 hours of academic learning
- Three healthy meals per day
- Regular breaks (especially when working at a computer)

A typical home learning day **might** look something like this:

Time	Activity
8.00am – 9.00am	Eat a healthy breakfast Watch Newsround Socialise with family
9.00am - 10.00am	Exercise
10.00am - 11.00am	English/History
11.00am - 11.30am	Study Break
11.30am - 12.30pm	Maths/Geography
12.30pm - 1.30pm	Science/SSE
1.30pm - 2.30pm	Eat a healthy lunch

Don't be tempted to sleep in... this is not the holidays and sticking to a routine is important for health and wellbeing.

Download a workout app on your phone or spend some time kicking a ball in your garden.

Log on to Google classroom to get the lessons and resources you need.



	Study Break
2.30 - 3.30pm	Another subject (Arts, Languages...)
3.30 - 4.30pm	Reading
4.30pm - 5.30pm	Eat a healthy dinner
5.30pm	Break from study Socialise with family Hobbies / activities

Take time to read, it is so important to do a variety of things that will stimulate your brain and help you stay on top of your learning

What not to do...

- Try to avoid spending too much time on social media.
- It is not healthy to spend all day staring at a screen so avoid watching too much TV, playing on your phone or other electrical devices.
- Don't stay in one place... moving around is really important so even if that means running up and down the stairs or dancing along to your favourite tunes – it's important that you move
- If possible, don't be tempted to work from the sofa or bed all day long – you need to know the difference between work and rest so try to separate your space accordingly.
- Don't only work on your favourite subject... this is not helpful and it means that you will not provide yourself with a good variety of learning. Study ALL subjects.
- Most importantly – you need to have a plan! Don't let yourself fall into poor routines. Design yourself a little plan each day or better still, try to stick to your timetable from school. That way, you'll know that you are covering everything that you need.



List of Useful Websites for Home Learning:

www.office.com	Use this website to log into your academy email, Microsoft Teams and OneDrive (Microsoft Word, PowerPoint etc.) For more information on this please see the IT user guide.
www.gcsepod.com	A wide range of 3 to 5 minute short video and audio clips (pods) linked with GCSE subjects and exam boards.
www.mathswatch.com	The complete online Maths platform that makes learning available to your students 24/7 from anywhere in the world
www.bbc.co.uk/bitesize	Use BBC Bitesize to help with your homework, revision and learning. Find free videos, step-by-step guides, activities and quizzes by level and subject.
www.newsround.com	The home of news and fun facts for children and young people. Find out what is going on in the world with stories, pictures and videos.
www.pixlr.com	An online version of Photoshop with many of the same features and tools as Adobe Photoshop.
https://www.khanacademy.org	Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.
http://www.bbc.co.uk/learning/coursesearch/	This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.
https://www.futurelearn.com	Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).
https://www.senecalearning.com	For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.
https://blockly.games	Learn computer programming skills - fun and free.
https://scratch.mit.edu/explore/projects/games/	Creative computer programming
https://ed.ted.com	All sorts of engaging educational videos



Witton Park

Academy

https://www.natgeokids.com/uk/	Activities and quizzes for younger kids.
https://www.duolingo.com	Learn languages for free. Web or app.
https://mysteryscience.com	Free science lessons
https://thekidshouldseethis.com	Wide range of cool educational videos
https://thecrashcourse.com	You Tube videos on many subjects
https://m.youtube.com/user/crashcoursekids	As above for a younger audience
https://www.crestawards.org	Science awards you can complete from home.
https://idea.org.uk	Digital enterprise award scheme you can complete online.
https://www.pawprintbadges.co.uk	Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.
https://www.tinkercad.com	All kinds of making.
https://naturedetectives.woodlandtrust.org.uk/naturedetectives/	A lot of these can be done in a garden, or if you can get to a remote forest location!
https://www.britishcouncil.org/school-resources/find	Resources for English language learning
https://www.bighistoryproject.com/home	Aimed at Secondary age. Multi disciplinary activities
https://world-geography-games.com/world.html	Geography gaming!
https://www.facebook.com/artfulparent/	Good, free art activities



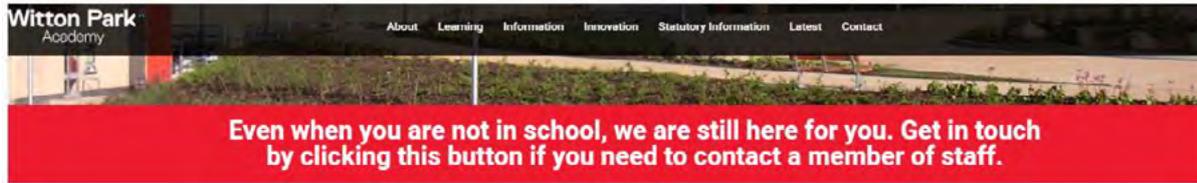
https://toytheater.com/	Educational online games
https://www.twinkl.co.uk	This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.



Top Tips

“10 Top Tips for positive wellbeing when you are learning from home!”

1. Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to do anything else but witness your thoughts and feelings.
2. Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms.
3. Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.
4. Find a creative activity. Finding a way to express yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.
5. Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.
6. Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to de-stress. (follow GOV guidelines)
7. Limit phone time. Social Media can be a very negative environment and hyper-filtered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.
8. Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.
9. Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills.
10. Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.
11. Breathing exercise. Practise breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.
12. Find a creative activity. Finding a way to express yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology. Limit phone time. Social Media can be a very negative environment and hyper-filtered which can distort how we see and feel about.



Safeguarding Team

Please email below if you are concerned for your safety or you think a family member or a friend needs some support. Mrs Cook or Mrs Marks will then get in touch with you.

Email: safeguarding@wittonpark.org.uk

If you need someone to talk to because of your wellbeing please use Kooth. You will get to speak to a counsellor.

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

Year Managers

Mr J Hatton
Year 7 Manager
jhatton@wittonpark.org.uk

Mrs S Hughes-Lapstick
Year 8 Manager
shughes@wittonpark.org.uk

Mrs K Ashworth
Year 9 Manager
kashworth@wittonpark.org.uk

Mrs L Barratt
Year 10 Manager
lbaratt@wittonpark.org.uk

Mrs A Smith
Year 11 Manager
asmith@wittonpark.org.uk

WELFARE PAGE – WHAT TO DO IF YOU’RE FEELING ANXIOUS OR NEED HELP?

This advice is from www.youngminds.org.uk

Talk to someone about how you’re feeling

Whilst it is normal to feel worried, if you are starting to feel overwhelmed, it’s important to acknowledge your feelings and speak to someone you trust, whether that’s a friend, a family member, a teacher or a helpline.

Arm yourself with the facts

There is a lot of information about the virus out there and false reports can fuel anxiety. Stay on top of what’s happening by using the [Government website](#).

You might see stories or posts on social media that makes you feel anxious. It can be very hard to know whether or not social media posts are true, so try not to rely on updates from there.

Do take a break from social media if you feel like the updates are getting too much. Remember you are in control of what you see on your feed. For more advice and tips on looking after your mental health on social media, check out our [#OwnYourFeed campaign](#).



Find things that help you feel calm

Think about some activities that can help when you are feeling overwhelmed, like breathing techniques, writing down how you feel, playing music or connecting with a friend. For some ideas, have a look at [how you can make a self-soothe box](#), or these [coping techniques](#). Often things that distract you will help ease feelings of anxiety.

Dealing with self-isolation

Wherever you might be when you self-isolate, think about who you can keep in contact with and how you can use apps such as WhatsApp and Zoom to talk to someone face to face. It's important that you talk to people you trust during this time and continue to stay connected. They might be in the same situation and can help you navigate anything you are going through.

You may find that you need extra support, so think about who you can turn to. It could be someone you know, or a helpline that can talk to you about how you might be feeling.

Helpline services available

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Childline

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours)
- <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

The Mix

- Information, support and listening for people under 25.
- Phone 0808 808 4994 (24 hours)
- <https://www.themix.org.uk/get-support>

Samaritans

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- jo@samaritans.org
- Phone 116 123 (24 hours)

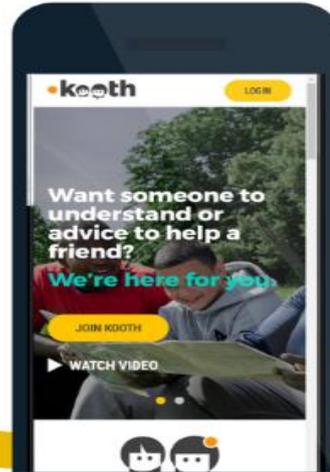


kooth

Services



Free, safe and anonymous
online support for young people



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

● offline

LOGIN

IN CRISIS?

Want someone to
understand or
advice to help a
friend?

We're here for you.

JOIN KOOOTH

▶ WATCH VIDEO



Need to talk?

Our counsellors are currently
offline and will be back online soon.

SEND US A MESSAGE





Staying Fit and Healthy:

1. **Be aware of your body.** Think about how the exercise is making you feel. If something doesn't feel right, stop immediately.
2. **Warm up and cool down.** Try slow stretches and go through the motions of your sport or activity before starting. Cool down with slow stretching.
3. **Pace yourself.** Have at least one recovery day each week to rest. If you are experiencing pain, rest until the pain has gone.
4. **Mix it up.** Try different exercises to keep it interesting and reduce overstraining specific muscle groups.
5. **Stay hydrated.** You can lose around one and a half litres of fluid for every hour of exercise; so drink water before, during and after a session.
6. **Be weather aware.** Take it easier in hot weather and wear clothing and sunscreen to protect yourself from the elements.
7. **Do it right.** Try to get the technique right from the beginning, to ensure you are using your muscles correctly. If you're unsure about how to perform a specific exercise safely, avoid it.
8. **Wear suitable clothing.** Make sure your shoes and equipment fit properly and are right for the activity. Look after your equipment and check it regularly for safety.

Exercises which can be completed at home:

1. **Walking** – It's wonderful to get outside and enjoy the scenery around you while you exercise. However, if you are restricted to the home you can also get an effective walking workout at home. If you have a flight of stairs, go up and down them a few times. This will help to tone, while getting some low impact aerobic exercise as well. If you don't have any stairs available, just walk around the house a few times – it may not be very exciting, but it will do the job!



2. **Jumping Jacks** – These are always fun. Who hasn't done jumping jacks for fun as a child? Well, surprise – they are also great cardio exercises, and good for warming up, too.
3. **Core exercises** - Push-ups, sit ups, leg lifts and crunches can be great for strengthening muscles and toning. Make sure you get the technique right before attempting core exercise and ensure you are positioned on a suitable mat / flooring.
4. **Jogging on the spot** – Jogging is a great exercise for your heart. You can jog in place at home while watching TV or listening to music. The only equipment you will require is a good pair of shoes, to eliminate any stress to your legs.
5. **Squats** – These are wonderful exercises for your legs. You can even just try these by sitting and standing up again from a regular chair, if you're finding them to be too difficult. As long as you're able to do a few repetitions, you will be providing some benefit to your body.
6. **Dancing** – Dancing is a wonderful exercise, which is great for your heart. Not only that, but it can lift your spirits as well, and give your overall feeling a boost.
7. **Step Exercises** – Using the steps in your home, you can do repetitions which will tone your leg muscles. (Just remember to be careful!)



Eating a Balanced Diet

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

This page covers healthy eating advice for the general population:

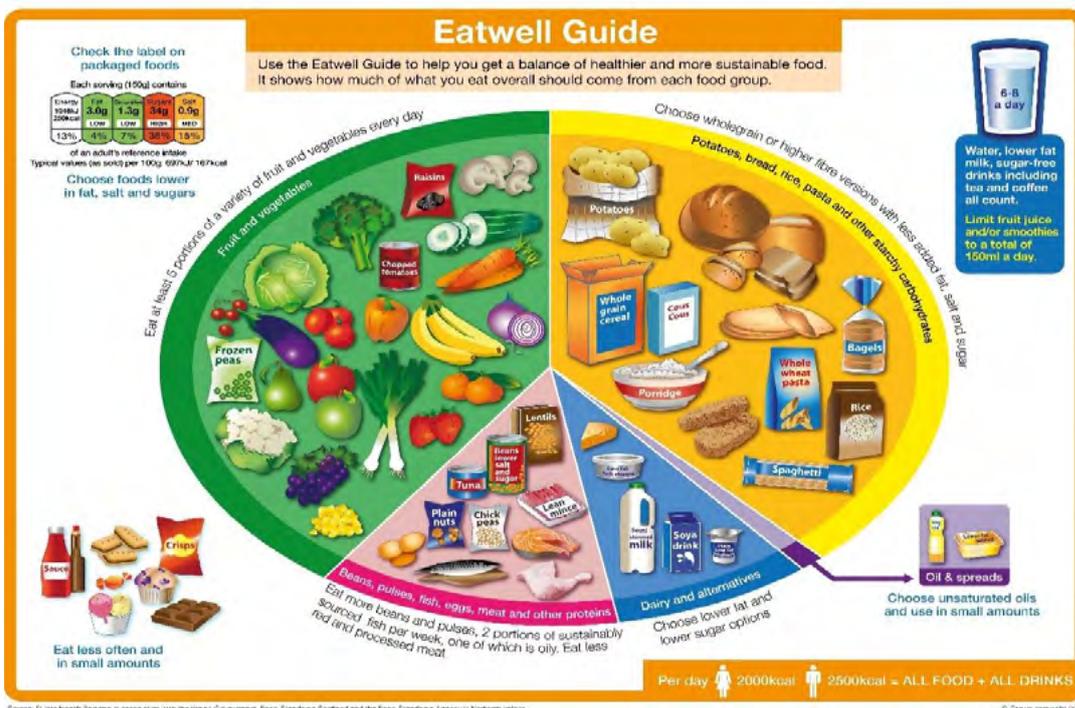
- <https://www.nhs.uk/live-well/eat-well/>

People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Food groups in your diet:

The [Eatwell Guide](#) shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see [5 A Day](#))
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- [drink plenty of fluids](#) (at least 6 to 8 glasses a day) If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts. Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland.

© Crown copyright 2016



It is important that you are actively engaged in the process of remembering.

Recall techniques will help you keep on track with your knowledge of subjects and key ideas and skills.



Recall Techniques

CHUNK

Break down information and learn it in bite size chunks. Don't try to overload your brain.

Mapping

Mind maps, concept maps, knowledge organisers – these are all ways to map and connect information. Using different colours and pictures helps with memory recall.

GCSE Pods

The school have a made a huge investment – you need to use it.

Blended Learning

Other websites and podcasts are also a great way to revise. Use the recommended website list.

Note Taking

Use your exercise books and textbooks to re-write your notes in a different format. Cornell Note taking is proven to be really effective.

- Test Yourself
- Test Others
- Get somebody to Test you

ANY THAT YOU GOT WRONG – GO AWAY and RE-LEARN.

Do it little and often...

20-30 minutes is the maximum amount of time to revise before a break.

Change topics frequently and use a range of techniques every time you revise.

Re-form

Create a different Template to reform information and think about it in a different way.

Practice Papers

You should complete as many practice questions as physically possible. Completing these in timed conditions is excellent for recall and application.



19th March 2020

Dear Parent/Guardian,

During this unexpected school closure, we are delighted to be able to continue supporting your child through the fantastic GCSEPod service, which all students have access to through the school subscription.

GCSEPod is the award-winning digital content and revision provider used by over 1,400 schools worldwide. As a subscriber, your child has access to GCSEPod's library of over 6,000 'Pods,' 3-5 minute videos designed to deliver knowledge in short bursts. Every Pod is mapped to the correct exam board, and contains all the right facts, quotes, keywords, dates and annotated diagrams that your child needs for GCSE success – all neatly organised into topics and exam playlists.

During this period, teachers may be setting your child work on GCSEPod. This may take the form of Assignments, which students can access and complete via the GCSEPod platform, or teachers may recommend specific Pods for students to watch at home to continue their learning.

In addition, we ask that you encourage your child to make use of this amazing resource independently. Once they've activated their account, they can browse the GCSEPod library and create their own playlists – just as they would when they're listening to music.

GCSEPod can also identify knowledge gaps and automatically send playlists to your child to help them strengthen their knowledge. After completing any Assignments set on GCSEPod, your child will get a personalised "Boost Playlist" of Pods relevant to their identified areas of weakness. We strongly suggest you encourage your child to review these playlists regularly as this will speed up their progress.

With future exams in mind, students can access a section on GCSEPod called "My Courses." Here they can view playlists of Pods covering the topics relevant to each exam course. We ask that students review topics that have been taught in class and revise their knowledge. Students can tick the star icon to favourite any Pods they wish to return to.

Finally, in Maths and English Literature, students can test their knowledge independently using GCSEPod's fantastic Check & Challenge feature. Simply visit any Maths and selected English Literature playlists and click the purple "C&C". This will start a short self-marking assessment.

For more ways to support your child using GCSEPod, please visit www.gcsepod.com/parents where you'll find lots more information and resources.

Your child has already been registered with GCSEPod, so all they need to do is activate their account by following the instructions below. If your child has already activated but can't remember their username and password, please ask them to contact a member of staff.

- 1) Go to www.gcsepod.com and click "**Login**" in the top right-hand corner
- 2) Click "**New here? Get started.**"
- 3) Select "**Student**"
- 4) Enter your child's **name, date of birth** and **the school name**.
- 5) Create a **username, password**, and a **password hint** to help them remember the password.

If you have any questions regarding GCSEPod please contact me, or message support@gcsepod.com

Yours sincerely,

Mr Caslake (pcaslake@wittonpark.org.uk)

Why use GCSEPod?



What is it?

- One website, 3 apps and over 6000 Pods
- Content produced specifically for mobile devices, tablets and PCs.
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minute chunks.
- Helps with learning, homework and revision.

It will help your child get organised

Your child can create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning.

The viewing history feature enables your child to return to Pods they found useful. There's also a 'Favourites' playlist, which enables them to easily return to Pods on areas they may be finding difficult.

Premade exam specific playlists, available in the 'My Courses' area are neatly organised meaning your child can manage revision quickly and easily whilst prioritising their time.

It's convenient and effective

The Pods can be downloaded on any device so your child can watch them **online or offline**. Wherever they go, GCSEPod goes with them. It's like they're carrying an **entire world of knowledge and revision** in their pocket.

An expert reads and explains everything clearly and precisely with all the right facts, quotes, keyword and annotated diagrams on screen.

Your child won't need to use GCSEPod for long before they feel the impact. **Consistent use in just 10 minute chunks is proven to support achievement right up to a grade 9.**

It can be as discreet (or loud) as they want

Your child can listen to Pods anywhere and everywhere and because it looks like they're listening to music, no one needs to know they're actually swotting up.

Your child may want to show off just how much work they've been doing or even recommend a Pod to a friend, to do this, they can use the social networking links on the site to connect with others.



LOG ON NOW @
www.gcsepod.com



Quick Start Guide

How does your child get it?



Your child has already been registered by their school and simply needs to activate their account. To help your child activate their account, follow these simple steps:

- 1) Go to www.gcsepod.com and click "Login"
- 2) Click "New Here? Get Started!" and select "Student"
- 3) Enter your child's name, date of birth and type in the name of their school. The school's name should appear. Click on it to confirm.
- 4) Create a username and password

If you're having trouble finding your school, double check that you've entered the correct date of birth and full name as it appears on the school's register. Some schools are known by a shorter version of their name so make sure you're typing the full, official school name.

Key Features



Playlists

Your child can create their very own bespoke playlist by selecting Pods that they feel they need to focus on. They can then watch the playlist to brush up on their knowledge or download it to take it everywhere they go.



Check & Challenge

Your child can test their knowledge on Pods by completing quizzes and questions. They will receive instant feedback on their answers with helpful tips to help them understand why it's right or wrong.



My Courses

Your child can keep organised by viewing a list of their upcoming exams in subject or date order. They can view an exam playlist to see all the Pods relevant to that exam.



Assignments

View homework set by your child's teacher. Your child should watch Pods selected by their teacher and complete the questions to help test their knowledge.



Paper to Pod Guides

Your child can use our guides alongside their marked past exam papers to identify areas they need to focus on. They can watch the Pods relating to questions they didn't do so well on to help fill any knowledge gaps.



Downloads

You can download all our Pods to your child's mobile device so they can learn on the go, anywhere they are. There are 3 GCSEPod apps which are free to download.



LOG ON NOW @
www.gcsepod.com



STUDY SMART Using GCSEPod with cognitive learning techniques. A guide for parents and carers.



 gcsepod.com  info@gcsepod.com  0191 338 7830

How to support your child using GCSEPod



gcsepod
education on demand

What is GCSEPod?

GCSEPod is an award-winning expert in subject knowledge. We provide 3-5 minute bursts of audio-visual, teacher written learning which can help to reinforce and consolidate key GCSE topics covered in lessons.

Experts read and explain everything clearly including all the right facts, quotes, keywords, dates and diagrams on screen.

Tips and Tricks



Watch online or offline

Ask your child to download Pods to their mobile device so they can learn on the go!



Favourites

Challenge your child to 'favourite' 10 Pods on topics they find difficult. Watch the Pods together and use one of our other suggested learning techniques to help simplify what it is they're struggling with.



Personalised Playlists

Use the My Playlists area to create bespoke playlists. Having personalised playlists means your child has fast access to Pods that will help fill knowledge gaps.



Support Homework

GCSEPod isn't just for revision, it's to help expand your child's subject knowledge. If your child is struggling with a piece of homework, you can search for the topic on GCSEPod and use the Pods as an additional resource.



Quizzes

Turn it into a competition and reward your child for correctly answered questions. If you're stuck on what questions to ask, head over to our 'Quiz Your Child' crib sheet!



Memory Cards

Watch Pods together and then write down key facts, dates, diagrams and quotes. Test their knowledge to see how much they remember.

How does your child access GCSEPod?

If your child has already activated their account, they simply need to log in with the username and password they've created.

If they've not yet activated their GCSEPod account, simply follow these simple steps!

1. Go to www.gcsepod.com
2. Click 'Login'.
3. Click 'New Here? Get Started'.
4. Select 'Student'.
5. Follow the on-screen instructions to create a username and password.



LOG ON NOW @
www.gcsepod.com



First, a quick reminder:

We have invested in an award-winning **digital content and learning provider**, called GCSEPod.



Pod Credentials:

- Supporting students at KS4 for over 10 years
- Used in over 1,300 schools worldwide
- Recommended by the Association of School and College Leaders
- Winner of multiple educational technology awards:

AWARDS



LOG ON NOW @
www.gcsepod.com



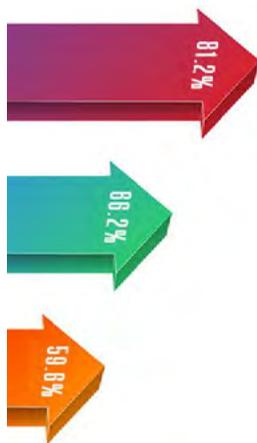
GCSEPod helps your child to:



Accelerate progress
and raise results.

Consolidate subject knowledge
and improve recall.

Improve engagement and encourage
independent learning.



RETRIEVAL PRACTICE

Practise bringing information from memory for better results.



“**Retrieval Practice**” is a learning strategy where we focus on getting information **OUT**. Through the act of retrieval, or calling information to mind, our memory for that information is strengthened and forgetting is less likely to occur.



LOG ON NOW @
www.gcsepod.com



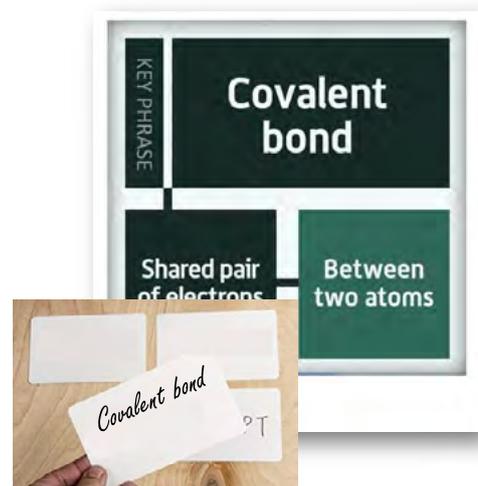
RETRIEVAL PRACTICE

Practise bringing information from memory for better results.



At-home activities using Retrieval Practice

- Watch a Pod with your child.
- Ask your child to write key words on a flash card.
- Watch the Pod again – your child should summarise their knowledge of each key word on the back of each flash card.
- Allow your child time to flesh out their cards with as much information as they can remember.
- Test your child by asking them to define the flash card words without looking.



SPACED PRACTICE

Revise, rest, repeat... space out your revision for better results.

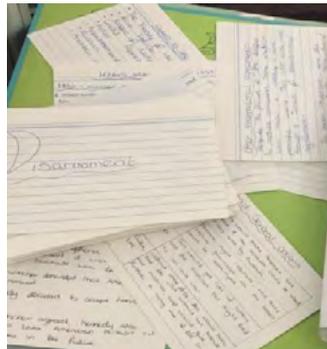


Reviewing 4 times within a month can help you remember nearly 100%

1 Week Later

Memory Cards

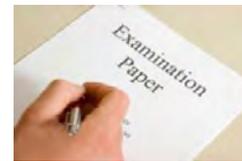
Encourage your child to create their own questions with the answers on the reverse. Then, test their knowledge.



1 Month Later

Past Papers

Encourage your child to watch GCSEPod's Pods again and then practice past papers.



DUAL CODING

The science behind why students get better results with the help of GCSEPod.



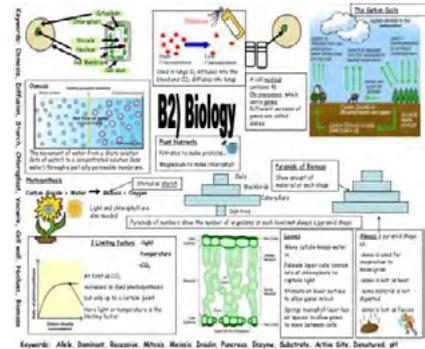
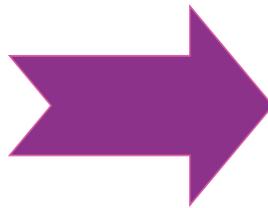
Combine both words and visuals for quicker and stronger recall

DUAL CODING

The science behind why students get better results with the help of GCSEPod.



Just reading text alone improves our memory by 10% in 3 days but looking at the picture we are likely to remember 65%.



Watch a Pod together, then using the images from the Pod, suggest your child draws a poster combining the images with keywords and definitions. Copying the labelled diagrams in the Pods helps the knowledge to stick!

INTERLEAVING

Interleave your revision to help you remember more.



Interleaved practice is a learning technique that involves switching between topics and ideas and has been shown to improve long-term learning relative to blocked study of the same idea or topic.



INTERLEAVING

Interleave your revision to help you remember more.



- Ask your child to create a learning/revision timetable using the interleaved practice example below. They should choose topics that are similar and related either from the same subject or a different one.
- The Pods on GCSEPod are set out in a very clear and organised way. This makes it easier for your child to plan out their revision so that similar and related ideas and concepts, such as in Maths and Science, are studied together and in different orders, rather than separately and/or always in the same order.

Less Effective Blocked Practice

Monday	Tuesday	Wednesday	Thursday	Friday
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5

Highly Effective Interleaved Practice

Monday	Tuesday	Wednesday	Thursday	Friday
Topic 1	Topic 4	Topic 2	Topic 5	Topic 3
Topic 2	Topic 5	Topic 3	Topic 1	Topic 4
Topic 3	Topic 1	Topic 4	Topic 2	Topic 5

- Your child can watch the Pods on each topic and then complete active tasks from the previous slides.

Not Activated Yet?



1

Go to: <https://members.gcsepod.com>

2

Click New Here? Get Started!

3

Enter your details

4

Create your username and password

LOGIN

[NEW HERE? GET STARTED](#)

NEW USER

FIRST NAME

LAST NAME

DATE OF BIRTH

SCHOOL

[Been here before?](#)



LOG ON NOW @
www.gcsepod.com



*“Family life
can be a
stressful...”*



Supporting your child



Some young people find it difficult to manage stress and pressure when they are at home and away from friends. This is a concerning time for all of us and our concerns are often reflected in the concerns and anxieties of our children.

Be on their side... as a parent being a source of positivity, reassurance and support is absolutely essential. There is no question that people of all ages manage better when they have feel that they have the love and support of the people around them. Try to encourage your child not to catastrophize or worry unnecessarily. Encourage them to stay occupied in positive pursuits.

Be involved... your child is going to need support to self-manage and self-regulate themselves and their study. Please try to stay up-to-date with what your child should be doing and encourage them to follow the guidelines in this pack .

GCSE Pods: Witton Park Academy has made a significant invested in a revision platform called GCSE Pods. This is an excellent resource for students –especially those in year 10 who will need to ensure that they don’t fall behind with course content.

Organisation... Organisation is key! One of the major ways you can support your child during this period is by helping them get organised. Social time will obviously be reduced and so it is vital that children still have some type of routine related to academic study and learning.

Getting the balance right... whilst at home it is important that children can also have time to relax. They should not be fully occupied with study and there should be a balance between creative pursuits, hobbies, downtime, family time and studying.

Knowing the Facts

ABOUT CORONAVIRUS

Covid-19: Newsround

Coronavirus is a new flu-like virus spreading around the world. The virus causes an illness called Covid-19. It has been declared a pandemic by the World Health Organization - that's a part of the United Nations whose aim is to look after the health and wellbeing of people around the world. A pandemic is a disease that is spreading in multiple countries around the world at the same time.

What are the symptoms?

Everyone who gets symptoms gets a fever. Most of the people who get a fever get tired. A lot of the people who get tired also get achy muscles and a lot of those people get a cough. One of the things that doesn't seem to be very common is sneezing. If you have difficulty breathing, go to hospital.

What can we do to prevent catching the virus?

NHS advice says:

- Regularly wash your hands with soap and water for at least 20 seconds
- When you cough or sneeze, cover your mouth and nose with a tissue or sleeve (not your hands!)
- Try to avoid close contact with people who are unwell

Professor Devi Sridhar told Newsround that, "Hand gels are a fantastic way to clean your hands but they're not as good as soap and water." NHS advice says people should use hand sanitiser gel if soap and water are not available.

People should stay at home if they're feeling poorly, especially if they have a temperature, a cough, or are feeling achy.

