We know that during this unprecedented time, families will be facing their own difficulties and managing remote learning can be challenging. Our primary aim is to support our students and families and ensure that you have access to all the resources you need. How much each student is able to complete will depend on your family's personal circumstances and we leave that to your judgement.

COVID 19: Advice and Guidance to Students and Parents on Remote Studying from Home	
Keeping informed	During this period of Covid-19 we will keep you informed through our usual email system. Through this we will update you on any changes and key information and kindly ask that you monitor your college emails regularly. We have created a new section on the website where you can find all Covid19 related information and guidance. https://www.bodmincollege.co.uk/parentstudentarea/covid-19/ Please do NOT use Facebook to communicate with us as we are unable to monitor and respond to this.
Accessing resources	Online provision for learning is available to all students through the usual means: • ShowMyHomework (name changing in May to Satchel:One) • RM Portico – via the link on the Bodmin College website Guidance on these has been sent via your college email address and is also available on our website. If you have any technical problems accessing these resources, SMHWK (Satchel:One) has its own helpdesk but we have also set up a College ICT help desk if you have any ICT related issues csd@bodmincollege.co.uk Our staff know our students and are working hard to provide personalised resources that meet their learning needs. Our staff aim to ensure a variety of learning activities are available (so that parents and students can pick and choose what suits their personal circumstances) that can take place at home and where possible provide project-based alternatives that are not dominated by technology and allow for flexible learning. There are many national online programmes being produced including some government approved resources which our staff may use and tailor to their classes' needs. These are available for anyone to access but please bear in mind that these are generic and, when used alone, are not personally tailored to our students. They also don't offer that personal interaction that our staff can offer. Nevertheless, they can offer supplementary activities and can be useful additions (or alternatives) to support the resources our staff are providing. A list of programmes approved by the government is available at the end of this guidance.
How to manage your time effectively and ensure a positive home-learning experience	We're realistic about what our students will be able to do during this period, and we want you to be too. Parent's are not expected to become teachers and students aren't expected to learn in the same way as they do in school. Our remote learning provision aims to help our students and families adapt to a different style of learning by offering structure and ensuring access to resources personalised for our students. The following tips are designed to help you create a positive learning environment at home. See what works best for your household. ❯ **Create and stick to a routine** if you can. For example, eat breakfast at the same time and get dressed before starting the 'school' day – avoid staying in pyjamas!

	> **Set a timetable** where possible. It's a great opportunity for students to practise managing their own time better and it'll give them ownership. Some may need support with this and **we would suggest using their normal school timetable to help.** > **Try to set a start time, build in breaks and lunchtime** and at the end of the day have a **clear cut-off to signal school time** is over > **Be flexible.** If a task/activity is going well or students want to spend want more time on it, let it extend where possible. > **Designate a working space if possible**. Try to get the area organised with the equipment and resources you will need or create a box of resources keeping everything together. > Where families have more than one child at home, **consider combining timetables**. For example, you might exercise and do maths together – see what works for your household > **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day > **Take stock at the end of each week.** What's working and what isn't? > **Distinguish between weekdays and weekends**, to separate school life and home life > **The home school day is likely to allow a bit more free time. Sharing household chores** is a great learning experience and helps develop a sense of responsibility about the daily routine at home. > **Cooking**, **baking and gardening** provide excellent life learning experiences. > **Screen time on TV/Phones/Computers is likely to increase**. That's ok but it's healthy to try to set/**agree some screen time limits** Please don't worry about getting behind with certain aspects of learning. Just do your best and use this time as an opportunity to develop personal skills such as resilience, organization, creativity, empathy and independence. These will serve you well in the future.
Look after your physical and mental health	Ensure plenty of fresh air and activity by opening windows or using the garden if you have one. Use some of the available fitness/activity apps to get some exercise. Stay hydrated and try to eat a healthy diet. Monitor your screen-time, make sure that you do plenty of activities that are away from the screen. The link below has some helpful suggestions: https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing In addition to this, the pastoral support team have also set up a student support email. Staff included in this are Jo Philp our counsellor, Mrs Gilbert our student support worker and Ms Carter Assistant Principal. This is for students who need extra pastoral support over the term-time closure period. Students can ask questions about where to get support or how they can support themselves. The new email address is studentsupport@bodmincollege.co.uk
Staying Safe Online	With increased screen time comes an increased need to be vigilant and stay safe online. Our website provides guidance on staying safe and where to access additional support: https://www.bodmincollege.co.uk/parentstudentarea/esafety/ Further advice has been released from the government: https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online

	Please also be vigilant for scams and fake emails. https://www.gov.uk/government/news/be-vigilant-against-coronavirus-scams
Communicating with Staff	Due to the unusually high level of email queries and the reduced staffing, we may not be able to reply to every individual email. We are continuing to send out regular FAQs and Key Information to parents. This is also available on our website. Students should use SMHW for queries relating to remote learning resources. For all other enquiries, please be mindful that the volume of emails is significantly higher than normal and many teachers are also balancing their own families' remote learning too. If you do use email, be sure to give your full name at the end of the email. For general enquiries please use the contact us section of our College website https://www.bodmincollege.co.uk/contact/
Additional Useful links	Advice on maintaining good mental wellbeing as well as where to access support if needed. https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing Government approved learning resources that can be used to supplement the Bodmin College learning resources. Remember that these links are generic and whilst they offer useful additions, they are not a substitute for staff that know their individual student needs. Always read the information for parents first. https://www.bbc.co.uk/bitesize/dailylessons https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education https://www.thenational.academy/information-for-parents-pupils/ Additional advice and guidance from the government for parents on supporting home learning. It includes advice on supporting children with SEND as well as staying safe online and positive mental health. https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19 Advice on explaining Covid19 to children. https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/

We will endeavour to maintain this provision for as long as we are able. Should the situation change we will update you with regards to the provision available.