

Consilium Academies

Learning from Home Guidance



WORK FROM HOME GUIDANCE



SET UP A LEARNING SPACE

If possible, create an area in the house for you to be able to focus on learning. Try to limit distractions. Turning off the TV and switching off app notifications will help.



MAINTAIN A ROUTINE

Set bedtimes and wake up times. Make sure to schedule breaks and regular meals and drinks. Maintain structure by using the suggested times in this document.



BALANCE ONLINE AND OFFLINE TIME

Although many resources in this document are online, we have tried to balance this with time offline. Make sure you take a regular break from screens.



THINK ABOUT WHAT TECHNOLOGY YOU NEED

The majority of resources in this document are online. If you need support with this, please contact your school on the email address on the right.



READING RESOURCES

Each school has a large selection of books available and not currently being used. If you would like some books, please let us know. Audible is also free for now!



TAKE TIME TO RELAX!

There is dedicated exercise time built in to each day of the timetable; make sure to engage with this and try to spend at least a few minutes each day outside (whilst following social distancing guidance).

IF IN DOUBT, JUST ASK!

We are here to help you during this uncertain time. Please contact us on the email addresses below with any questions about home study!

SCHOOL SUPPORT EMAIL ADDRESSES

ARMTHORPE

Please continue to email your subject teacher

BUILE HILL

Keep getting in touch with your teachers through Google Classroom

ELLESMERE

ephshomeworkhelp@salford.gov.uk

HEWORTH

Homeworkhelp@heworthgrange.org.uk

MOORSIDE

homeworkhelp@moorsidehigh.com

THORNHILL

Please continue to email your subject teacher

WASHINGTON

Homeworkhelp@washingtonacademy.co.uk

WYVERN

Please continue to email your subject teacher

WELLBEING AND GUIDANCE

Everyone at Consilium hopes that you and your families are doing well during this difficult time. We will be sending out this bulletin to all students every week and we hope that you find it useful and join in. If you have any ideas or stories, please send them across to Fargent.s@washingttonacademy.co.uk and we can add them in next week's bulletin. For further support remember your teachers are only an email away.

THE BIG READ!

Choose a book and read it! It can be any book. Once you've read it write us a review [here](#). You might even get featured in next week's bulletin! Don't have a book? No Problem go to www.manybooks.net or have a listen to the audio book of the week. This week the audio book is Alice's Adventures in Wonderland narrated by Scarlett Johansson. You can listen to this by clicking the link [here](#).



CONSILIUM TOP 10

Let us know what music you have been listening too. Fill in the survey every week and we will put together a Consilium top 10 next week with the links to the YouTube videos! What will be the top of the Consilium top ten? You decide! Fill in the survey [here](#).



WELLBEING CALENDAR

Try to do one of these things every day this week to help others and yourself.

1) Offer to help with any jobs around the house. 2) Ring a relative who you haven't seen for a while to have a chat. 3) Offer to wash up after your evening meal. 4) Do an act of random kindness to help someone today. 5) Make and send an Easter Card. 6) Ask if anyone needs any help in your household. 7) Paint some Easter Eggs and involve everyone in your house.

BEYOND THE CURRICULUM

Every week we will put a spotlight on a subject with some fun activities to do at home! This week we will look at PE and the top 10 activities to add some fun to your studies! Let your PE teachers know how you get on with these activities and make sure you get your whole family up and moving!

STAYING SAFE ONLINE



Remember the 5 SMART rules when using the internet and mobile phones:

S

SAFE: Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.

M

MEET: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A

ACCEPTING: Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R

RELIABLE: Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

T

TELL: Tell your parent, carer or trusted adult if someone or something makes you feel uncomfortable or worries, or if you or someone you know is being bullied online.

If you are concerned about your safety online, please be aware of the following sources of support;

- Childline - for support
- UK Safer Internet Centre - to report and remove harmful online content
- CEOP - for advice on making a report about online abuse

Remember you also have constant access to our safeguarding teams using the following email addresses;

Armthorpe:

safeguardingconcerns@armthorpeacademy.org.uk

Buile Hill:

safeguarding@builehill.org.uk

Ellesmere:

Katharine.barratt@salford.gov.uk

victoria.ofarrell@salford.gov.uk

Heworth Grange:

safeguarding@heworthgrange.org.uk

Moorside:

safeguarding@moorsidehigh.com

Thornhill:

safeguarding@thornhillacademy.com

Washington:

safeguarding@washingtonacademy.com

Wyvern:

safeguarding@wyvernacademy.org

TIMETABLE YEARS 7 AND 8

Please note timings are suggested and can be changed, however it is recommended for activities to be completed on the day set to ensure time for completion of the weekly timetable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SURE TO GIVE YOURSELF ENOUGH TIME TO WAKE UP PROPERLY AND TO EAT A HEALTHY BREAKFAST					
9.00-10.00	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.
10.00 – 11.00	Visit www.bbc.com/teach and choose PSHE and Modern Studies (11-14). Choose a topic for today!	Y7&8 English – Consilium YouTube channel	Complete work set by your teachers.	Y7&8 Geography– Consilium YouTube channel	Music with Myleene Klass
TAKE A BREAK OF 15 – 30 MINUTES AND DO SOMETHING NON-SCHOOL RELATED E.G. USE SOCIAL MEDIA OR HAVE SOMETHING TO EAT					
11.30-12.30	Y7&8 Maths – Consilium YouTube channel	Visit Pearson active learn and choose one of your subjects to study or complete an enrichment activity	Y7&8 Science – Consilium YouTube channel	Practise your French or Spanish at www.Radiolingua.com	Complete work set by your teachers
12.30-1.30	DEAR (Drop Everything and Read)	Practise some maths at www.whiterosemaths.com	DEAR (Drop Everything and Read)	Visit Pearson active learn and choose one of your subjects to study or complete an enrichment activity	DEAR (Drop Everything and Read)
EAT A HEALTHY LUNCH AND TAKE SOME TIME TO RELAX					
1.30 – 2.30	Time to catch up on set work or any sessions missed during the week or complete a quiz. If you have nothing left to do - offer to help your parents with housework, cooking or caring for younger siblings!				

SUPPORT FOR ANXIETY AND WORRY;

This is a challenging time for all of us and it is ok to feel worried. If you're feeling stressed, try accessing the link below, the guide will give you tools and tips to manage your anxiety and worry that can be used at any time.

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf

TIMETABLE YEARS 9 AND 10

Please note timings are suggested and can be changed, however it is recommended for activities to be completed on the day set to ensure time for completion of the weekly timetable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SURE TO GIVE YOURSELF ENOUGH TIME TO WAKE UP PROPERLY AND TO EAT A HEALTHY BREAKFAST					
9.00-10.00	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.	Complete today's 'PE with Joe' workout.
10.00 – 11.00	Complete work set by your teachers.	Y9&10 Geography – Consilium YouTube channel	Visit www.bbc.com/teach and choose PSHE and Modern Studies (14-16). Choose a topic for today!	Visit Pearson active learn and choose one of your subjects to study or complete an enrichment activity	Y9&10 Maths – Consilium YouTube channel
TAKE A BREAK OF 15 – 30 MINUTES AND DO SOMETHING NON-SCHOOL RELATED E.G. USE SOCIAL MEDIA OR HAVE SOMETHING TO EAT					
11.30-12.30	Y9&10 English – Consilium YouTube channel	Visit Pearson active learn and choose one of your subjects to study or complete an enrichment activity	Y9&10 PSHE – Consilium YouTube channel	Y9&10 Science – Consilium YouTube channel	Visit Pearson active learn and choose one of your subjects to study or complete an enrichment activity
12.30-1.30	Visit www.bbc.com/teach and choose PSHE and Modern Studies (14-16). Choose a topic for today!	Visit www.theday.co.uk , choose an article to read and complete the activities.	Visit Pearson active learn and choose one of your subjects to study or complete an enrichment activity	Complete work set by your teachers.	Visit www.theday.co.uk , choose an article to read and complete the activities.
EAT A HEALTHY LUNCH AND TAKE SOME TIME TO RELAX					
1.30 – 2.30	Time to catch on set work or any sessions missed during the week. If you have nothing left to do - offer to help your parents with housework, cooking or caring for younger siblings!				

SUPPORT FOR ANXIETY AND WORRY;

This is a challenging time for all of us and it is ok to feel worried. If you're feeling stressed, try accessing the link below, the guide will give you tools and tips to manage your anxiety and worry that can be used at any time.

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ENRICHMENT

Remember, school isn't just about your timetabled lessons, here are some extra activities to further extend your learning!

SIGN LANGUAGE



Learn sign language for £3 for under 18s with British Sign Language
<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>

MEDITATION



Try meditation for free with 'Headspace' online or via the app
<https://www.headspace.com/meditation/meditation-for-beginners>

VIRTUAL ZOO



See some animals enjoying their peace and quiet at Edinburgh zoo
<https://www.edinburghzoo.org.uk/webcams>

THEATRE



Watch a live performance by the National Theatre!
<https://www.youtube.com/channel/UCUDq1XzCYONIOYVJvEMQjqw>

MUSEUMS/ART GALLERIES



Download the smartify app to visit a variety of museums and art galleries virtually.
<https://smartify.org/venues>

LEARN YOGA



Learn Yoga with the Down Dog app – free for students until July!
<https://www.downdogapp.com/>

WEBSITES LISTED IN THIS DOCUMENT

CONSILIUM YOUTUBE

Access using this link

https://www.youtube.com/channel/UC3Z8HJYXTaMJwOF017F4ELQ/?guided_help_flow=5 and choose your year group and subject.

BBC TEACH

Access using this link <https://www.bbc.co.uk/teach/secondary/zkqp47h> and choose the subject and age.

RADIO LINGUA

Access via <https://radiolingua.com/> and choose your language and level.

WHITE ROSE MATHS

Access using this link <https://whiterosemaths.com/homelearning/> and choose your year group.

PE WITH JOE

Access via www.youtube.com and searching 'PE with Joe'. Choose today's date

PEARSON ACTIVE LEARN

Access via www.pearson.com and contact your own school for log on details

THE DAY

Access via <https://theday.co.uk/>, choose an article and complete the attached activities

AUDIBLE

Access via www.audible.co.uk for free (30 day trial) audio books

BRITISH SIGN LANGUAGE

<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>

MUSIC WITH MYLEENE KLASS

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

HEADSPACE

<https://www.headspace.com/meditation/meditation-for-beginners>

EDINBURGH ZOO

<https://www.edinburghzoo.org.uk/webcams>

NATIONAL THEATRE

<https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>



OTHER USEFUL WEBSITES



WEBSITE NAME	WEB ADDRESS	DESCRIPTION
Seneca	https://www.senecalearning.com	Revision for a wide range of subjects
Socrative	https://socrative.com	Free until July, a variety of quizzes and assessments to use for revision
Frog Education	https://www.frogeducation.com/	Complete work set by your teachers
GCSEpod	www.gcsepod.com	Access thousands of pods to help in all your subjects
BBC Bitesize	www.bbc.co.uk/bitesize	Videos, articles and guides to support your subjects
Newsround	https://www.bbc.co.uk/newsround	Keep up to date with news from around the world
Spelling Shed	https://www.spellingshed.com	Practice a variety of spellings online
Band Academy	https://bandacademyuk.com/school-song	Design a school song
Math Shed	https://www.mathshed.com	Basic times tables, addition and subtraction
Quizalize	https://www.quizalize.com	A variety of quizzes and assessments
Twinkl	www.twinkl.co.uk/offer	A variety of lessons and worksheets
Kahoot!	https://kahoot.com/	Quizzes and competitions that you can play with your friends on a variety of subjects
Idea	https://idea.org.uk/	Develop your computer and employability skills
Corbett Maths	https://corbettmaths.com	All worksheets and papers are FREE on his website and there are fully worked answers too.
Duolingo	https://www.duolingo.com	A must for learning a new language!
Quizlet	https://quizlet.com/en-gb	Various quizzes, revision material and study methods for a range of subjects.

ENGLISH, MATHS & SCIENCE

English	Mr Bruff	Podcasts linked to English examinations on a range of texts.	https://mrbruff.com/mrbruffpodcast/
	The Traditional Teacher	GCSE resources for Language and Literature.	https://thetraditionalteacher.wordpress.com/english-resources/
	Jane Considine	Live webinars with daily English activities.	https://twitter.com/janeconsidine/status/1238476875909009409
Maths	No Red Ink	Various approaches and exercises to improve writing.	https://www.noredink.com/
	Corbett Maths	Various resources for maths revision.	https://corbettmaths.com/
	Mathster	Free Maths worksheets for KS3 and KS4	http://www.mathster.com/free_worksheets.php
Science	Maths Box	Various maths worksheets and online quizzes.	https://www.mathsbox.org.uk/index1.php
	Mystery Science	A range of science units and lessons.	https://mysteryscience.com/
	Crash Course Kids	Various Youtube videos exploring a range of scientific areas.	https://www.youtube.com/user/crashcoursekids
	PHET interactive Simulations	Virtual science experiments.	https://phet.colorado.edu/

GCSE EXAM BOARD WEBSITES

Use these websites to access GCSE specifications, past papers and examiners reports.

EXAM BOARD	WEBSITE
AQA	www.aqa.org.uk
Edexcel/Pearson	https://qualifications.pearson.com
OCR	https://ocr.org.uk
EDUQAS/WJEC	https://eduqas.co.uk

BEYOND THE CURRICULUM

Every week we will publish a new list of activities focused on a subject from the curriculum. These are 10 activities to add some fun to your studies and add something a little different. This week the focus is on PE.

1. THE FLOOR IS LAVA

Cut out squares of cardboard and place them around the floor, you must get from one piece of furniture to another without stepping onto the floor. Too easy? Move the cardboard further away. Don't have cardboard? Be inventive and use something you can stand on.



2. SNOWBALL FIGHT

Ball up some white socks (clean hopefully) and throw them at one another. Don't get hit or you must stand still until there's only one winner.

3. BALANCE BEAM

Stick a long piece of tape along the floor or even a belt from a dressing gown and walk along it without falling off. If it's too easy get someone to distract you or even set up two lines and you have to get from one to another.

4. BEAN BAG TOSS

Stand in a large room with one of your household or your garden and see how far apart you can get without dropping the ball or bean bag ... or socks!



5. Obstacle Course

Design and create your own obstacle course and challenge someone in your family to a race. The more difficult the better!

BONUS CHALLENGE

Come up with a new TikTok dance and challenge your peers.

6. CAPTAIN, YES CAPTAIN!

Get your family to play. Someone has to shout out the commands as a captain. But only if the captain says. Use some nautical words like Bow, Stern Port and Starboard to make the game even more complicated! Or add in a Shark!



7. DANCE PARTY

Put on some music and bust out your best dance moves. Maybe get your family to do a conga or even the limbo. How low can you go?



8. Yoga

Have a look at the free videos online and try out some Yoga positions. You don't need anything just some space.



9. WORK IT OUT!

Use YouTube and try one of the online work outs such as Joe Wicks PE lessons or even try out something you've never heard of before? There are tonnes of different sports you could try!

10. DESIGN YOUR OWN GAME

Think about what space you have and come up with an active game that you can take part in. How can you use your space & equipment? Could you see us doing this in PE? Sort out your rules then challenge someone!

NEXT WEEK!

Next week's ten activities to add some fun beyond the curriculum, we put the spotlight on Humanities.