# **Student Survival Guide**





## **Stay Home** Ambition

#### **Plan your activities**

Click icon for an exemplar daily planner.



#### Know what you are learning

Click icon for your virtual schemes of learning.



#### Look after your physical and mental health

Click icons for physical and mental health activities.



### Contribute to your household

Don't forget to ask how you can help at home.



## **Protect the NHS**

Endeavour

#### Take on character building activities

It is important that you develop your character during this time. Resilience and positivity are crucial characteristics during a crisis.

#### Follow your home learning timetable

Your teachers have devised an effective and manageable timetable for you to follow. Try to follow this to ensure that you keep up to speed with each of your subjects.

## Follow the government guidance

Our government has given clear and specific guidelines to help to beat the pandemic. Make sure you adhere to them.

Click icon to view the guidelines.

### Support your family

You will likely be finding this time difficult. Your family will be finding it difficult, too. Make sure you do what you can to help out; you might just enjoy it!

#### Click icon to view the SHS

Twitter page to follow our #SpotlightOnSuccess



#### Celebrate your family's success

Click icon to view the SHS Twitter page to follow our #SpotlightOnSuccess



#### **Careers enrichment activities**

Click icon to view careers themed enrichment activities.



#### Remember we are here to help

Feeling concerned or anxious over the coronavirus? Need some support with your wellbeing? Feeling overwhelmed or unsafe? Please click the icon to get in contact with the pastoral team.



How-to video to login to RM Unify & Show My Homework











## **Save Lives**

Success

### Share your success

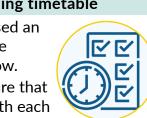
Click icon to send your work to the central SHS success email **OR USE** spotlightonsuccess@ stopsleyhighschool.co.uk

### Send work to your teachers

Click icon to view staff email addresses.











.GOV

Read about your peers' success





Click icons to access home learning platforms





