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Remote Learning

Hello and welcome back to BOA's remote learning programme. We hope you are all safe and well and were able to enjoy the Easter break. With the start of the new school term, we begin at least another 3 weeks of remote learning.

Clarifying Expectations

Year 10 and 12

For those students in their first year of study (year 10 and year 12), the remote learning programme attempts to mirror what would have been taking place in our classrooms this term.

At the centre of this approach are the activities teachers are setting each week on a Monday morning, shared via our remote learning google drive.

Teachers remain on-hand to answer questions and support students via email. Many are also live-streaming lessons and workshops.

To keep abreast of the instructions we are sharing each week, please visit www.boa-online.co.uk/remote-learning.

Year 11 and 13

For those learners in their second year of study we have personalised our approach.

BTEC Pathway: We expect the final BTEC grades to be based almost entirely on the

assessed work completed to date. Students who can improve their BTEC grade profile have been provided with individual action plans (IAPs) by their pathway teachers.

GCSE and A'Levels: Work completed subsequent to the school closures must not be used to influence the centre assessment grades we submit to the exam boards this term. Therefore there is no requirement that students continue to study these subjects or revise.

However, some learners may wish to continue their studies in order to prepare for A'levels, simply out of interest, or because they want to be ready in case they choose to re-sit their exams next year.

In these cases we have been encouraging students to contact their teachers directly.

This week subject Directors have been writing to year 11 and 13 parents and students with an overview of the work they could be doing should they wish.

In addition, later in this newsletter you will find an updated list of links to general activities, which learners can be doing to prepare themselves for their next steps.



REGARDING EXAM RESULTS

We respectfully ask that parents and students refrain from attempting to discuss with teachers the GCSE or A'Level centre assessed grades and rankings which we will be sending to the exam boards. In line with government directives our teachers have been instructed not to engage in discussions of this nature with students or parents.



Practical Tips

Here are some of the best pieces of advice from our last two bulletins.

ROUTINE IS KEY

Make a timetable and stick to it! It is a common misconception that having a minimal structure to our day and working at our own pace will be less stressful. At school we get used to structure and routine. We must do what we can to replicate this for ourselves at home. Make sure you identify time every day for, **study, regular breaks, exercise, and lunch.**

GET ORGANISED

Take the time to plan your week on Monday morning. Our teachers prepare in advance all the learning guides for the week. Make sure you are clear on which pieces of work you will do when, and how long you are expected to spend on each one. Read through each instruction and email any questions you have right away.

SET UP YOUR ENVIRONMENT

The environment and setting can have a huge impact on our wellbeing and our productivity. Pay close attention to lighting and seating position. Remove sources of distraction where possible. Where suitable clothing. If you can, set up spaces for different activities or spend different parts of the day in different spaces.

SCREEN TIME

Much of the work our teachers are setting can be completed on paper. Don't feel you have to word process everything. You can take photos as evidence if your teacher wants to see what you have done. If you are using screens a lot for schoolwork, use screens less in your downtime. Those of you who have seen the film *Wall-e* will know what we are trying to avoid here!

'ISOLATION' NOT 'ISOLATED'

Take breaks at the same time as other people in your household, so you can interact with other human beings in person as often as possible. Make use of social media, video chat, and your phone to **keep in touch with friends.** Use google classroom and email to **strike up conversations with classmates.**

DON'T PANIC

If you get stuck, first try to find a solution yourself, look at the lesson resources, look at your notes, do some research online, reach out to your classmates. If you have no luck, stop. Don't panic, just notify your teacher and move on. You can always come back to the work later.

Eyes can become strained after staring at a **Repetitive Strain Injury (RSI)** is damage to the computer screen for a long time, particularly if fingers, wrists and other parts of the body due to working in bad light, in glare or with a flickering repeated movements over a long period of time.

To prevent RSI, make sure your posture is correct, Screen filters can remove a high percentage of use wrist rests and have a five-minute break from the harmful rays emitted from a computer typing every hour.

Use screens that do not flicker.

Take regular breaks - do not work for more than one hour without a break.

Lighting must be suitable and blinds fitted to windows to reduce glare.



FREQUENTLY ASKED QUESTIONS



Where can I see the weekly resources? www.boa-online.co.uk/remote-learning

What if nothing shows on the resources page? Use Google Chrome web browser on your computer or install the Google Drive app on your phone

Where do I get help with logging in, accessing resources or technical issues? ITHelp@BOA-Academy.co.uk

Who do I contact for task advice?
The subject teacher

What is the VLE? This is our normal online landing page for students during term time. www.boa-online.co.uk

What is Google Classroom? This is a free app that allows teachers and students to communicate, share resources and hand in work.

What is a Google Meet? This our preferred video chat/streaming service.

What if we don't have a computer at home? We wrote to parents some weeks ago on this and as a result we have provided laptops to a number of students through our entitlement programme. However resources are now very limited. Contact ITHelp@BOA-academy.co.uk for further information.

Free online resources for students, parents and carers

Online **LINKS**

The latest list

Here is a list of free online learning resources which have landed in the academy inbox. We hope they will be useful to students, parents, carers, and those of you have family members or friends with younger children.

Ks4 & Post-16

- NEW: [Government List of Approved Resources](#)
- NEW: [Barclays Life Skills](#)
- NEW: [EtonX Future Skills Programme](#). Research Skills (for y13), Writing Skills (for yr11). Watch your emails for login details.
- NEW: [Rosetta Stone](#) free 3 month language courses.
- NEW: [The Oak National Academy](#) has been set up specifically to support students (up to year 10) and teachers during the pandemic.
- Senica Learning: [SENICA LEARNING – GCSE & A'LEVEL](#)
- BBC Bitesize [BBC BITESIZE \(GCSE and younger\)](#)
- Gráinne Hallahan. Secondary English resources thread. [ENGLISH RESOURCES](#)
- Have a look at the teacher and parent resources the [Khan Academy](#) have put together:
- Visit some online museums: [MUSEUMS](#)
- Actively Learn has made all of its resources for students and parents free for the rest of the school year: [ACTIVELYLEARN](#)
- Douglas Wise GCSE English remote learning packs: [ENGLISH RESOURCES](#)
- Success at School have created a careers action plan for students and parents. [Click here to download it](#). You can also [sign up](#) for emails.
- For those wanting to better themselves and try something new, try <https://www.shawacademy.com/> and <https://www.futurelearn.com/>
- For live streaming theatre productions and shows visit [here](#) and [here](#) and [here](#).



Younger children

- Teachwire Year 1 Pack: [Year 1](#)
- Teachwire Year 2 Pack: [Year 2](#)
- Teachwire Year 3/4 Pack: [Year 3/4](#)
- Teachwire Year 5/6 Pack: [Year 5/6](#)
- Joe-Wicks – Live streaming PE at 9am (there are fitness coaching videos for adults too!). [Body Coach TV YouTube channel](#)
- David Walliams free audio stories. A new story every day: [Check here each day for a new story](#).
- Hand-washing science experiment: [Check out the full experiment, here](#).
- Free kids books aged 3-11: [Browse the virtual bookshelves here](#).
- The Institute of Physics has put together a document linking to Ks3 science resource. [CLICK HERE](#)
- Teach It English is offering free access to all its resources until the end of April (Ks2 and 3). [Sign up for free resources here](#).

