



Excellence
for ALL

Developing Positive Routines



Planning Timing Lifestyle



Aim high, try hard things, don't give up



Smile, be kind, be nice, help others



Join in, ask questions, try your hardest



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Developing Positive Routines - Planning



What are the “bumps” in your road?



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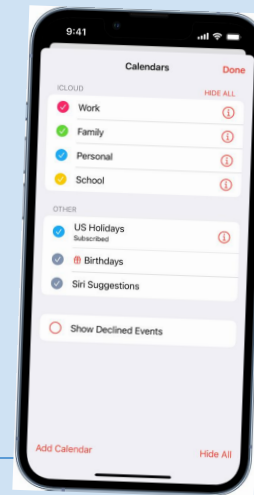
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Developing Positive Routines - Planning



You need to plan ahead...



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Engage

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You need to plan ahead...

1. Create a new Calendar - call it "School"
2. Share it with family
3. Add timetable, exam times, homework tasks and so on



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You need to plan ahead....

Classcharts has a
calendar of
home-learning set
by subjects

October 10 - 16 2022					
Monday 10 Oct	Tuesday 11 Oct	Wednesday 12 Oct	Thursday 13 Oct	Friday 14 Oct	Saturday 15 Oct
10EN5 English Mrs J Littlehales	10ENCA Food Prep Semp Nutrition Mr J Littlehales	10BEC BTC Enterprise Mrs R Clarke	10ENG Cambridge National Engineering Manufacture Mr J Dwyer	10ENG Cambridge National Engineering Manufacture Mr J Dwyer	
10MAN Mathematics Miss A Parkinson	10ENCA Food Prep Semp Nutrition Mr J Littlehales	10BSC Business Studies Mrs M Schiavo	10SPB Spanish Miss P Clerget	10GGO Geography Mrs R Holmes	
10SCH Science Mr D Wood	10FRA French Mrs B Bernard	10GSD Computer Science Mr J Higgins	10SPC Spanish Miss P Clerget	10GGA Geography Miss H Lawrence	
10SPC Spanish Miss P Clerget	10MAIN Mathematics Mr D Mission	10GSC Computer Science A Gentry		10GDE German Mrs D Johnson	
	10PHO Photography Mrs A Wickham	10GZN English Mrs J Littlehales		10HGA History Mrs S Coleman	
		10GSD French Miss A Cassam		10MA2 Mathematics Mr B Warr	
		10GSS Science Mr D Wood		10MA3 Mathematics Mrs L Busby	
		10SPB Spanish Miss P Clerget		10MA3 Mathematics	
		10GSC Spanish			



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You need to plan ahead...

You can filter it
to find just what
you need

Group	Homework type	Lesson	10	Subject	Teacher
Pupil	Pupil search is not visible on the public calendar.				



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Add Assessment Dates

20	MAR 2023, MON	● All day	Year 10 PPEs (Day 1/5)
21	MAR 2023, TUE	● All day	Year 10 PPEs (Day 2/5)
22	MAR 2023, WED	● All day	Year 10 PPEs (Day 3/5)
23	MAR 2023, THU	● All day	Year 10 PPEs (Day 4/5)
24	MAR 2023, FRI	● All day	Year 10 PPEs (Day 5/5)
27	MAR 2023, MON	● All day	Year 10 PPEs (Day 1/3)
28	MAR 2023, TUE	● All day	Year 10 PPEs (Day 2/3)
29	MAR 2023, WED	● All day	Year 10 PPEs (Day 3/3)



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You need to plan ahead...

And build in
revision times to
keep on top of it!

REVISION

* = course if possible
// = no revisionary areas

F&M	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	=
5:00-5:30	english	chemistry	media	maths	english	maths*	=
5:30-6:00	=	=	maths	english	media	=	=
6:00-6:30	english	english	=	=	=	=	=
6:30-7:00	maths	english	=	=	chemistry	=	=
7:00-7:30	=	=	english	chemistry	=	*	biology
7:30-8:00	=	=	physics	chemistry	=	*	media
8:00-8:30	maths	biology	=	=	chemistry	english	=
8:30-9:00	maths	maths	maths	biology	physics	english	=
9:00-9:30	=	=	=	=	=	=	=
9:30-10:00	biology	maths	biology	biology	physics*	=	=
10:00-10:30	media	physics	biology	media	phys*	=	=



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You need to plan ahead...

And a long term
plan?

*For our Y10s, this
is only 6
half terms away!*

Sixth Form Open Evening - Thursday 20 October 2022

Sixth Form Open Evening - Thursday 20 October 2022

Gates Open 6.00 pm for students new to Thorpe St Andrew School

Gates Open at 6.30 pm for students who already attend Thorpe St Andrew School and Sixth Form

Parking is located on the field accessed via Pound Lane

Please click below for the subjects on offer.

[Courses on Offer](#) ▶



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Why not stand out?
Join a Sixth Form in the Top 10% Nationally

THORPE SIXTH FORM

Thorpe St Andrew Sixth Form is rated in the top 10% nationally, this includes all Sixth Forms and colleges and private education providers.



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**How long should I work on
my subjects?**



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**We are sharing this
information this
week with Y10
during Form Time as
part of their
#weAREGCSEReady
programme**



#weAREGCSEReady



So... timing!



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The attention span of humans: When do our brains switch off the most?

20 January 2022 / 0 Comments

Whether we're working from home, talking to our partner or doing the washing up, we are all guilty of our mind wandering off to other places. But what is the state of the UK's attention span in 2022?

Whilst everyone's attention span does differ slightly, research has revealed that the average adult human is only able to concentrate on a task for around **15 to 20 minutes**, suggesting most of us are struggling to maintain focus for long periods of time.



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We recommend a Tomato!



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Specifically, the Pomodoro Technique



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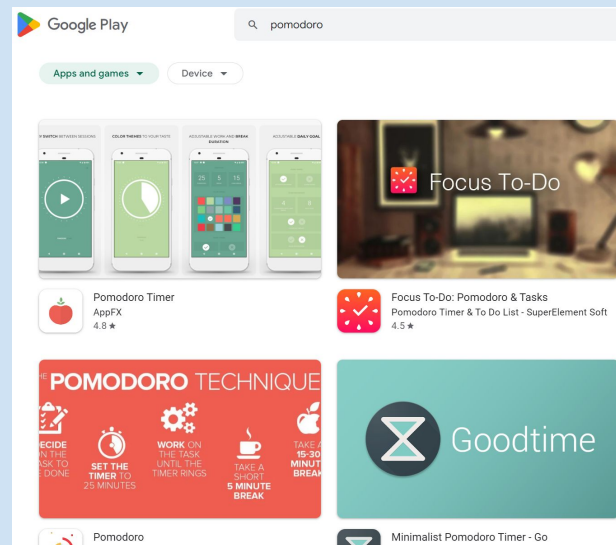


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There are
apps...



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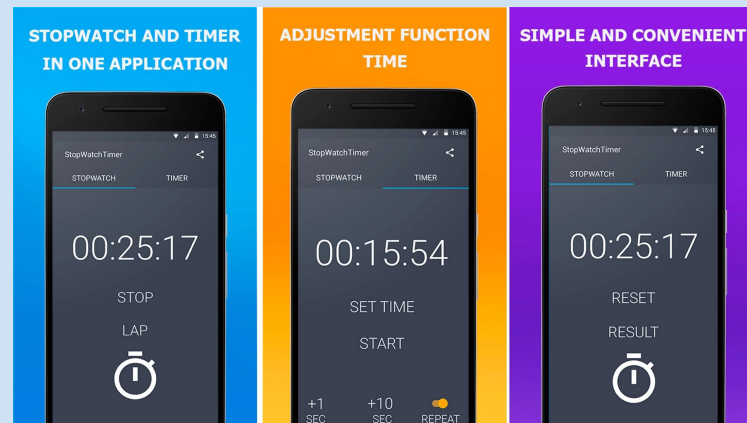


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**But you could
just do this:**



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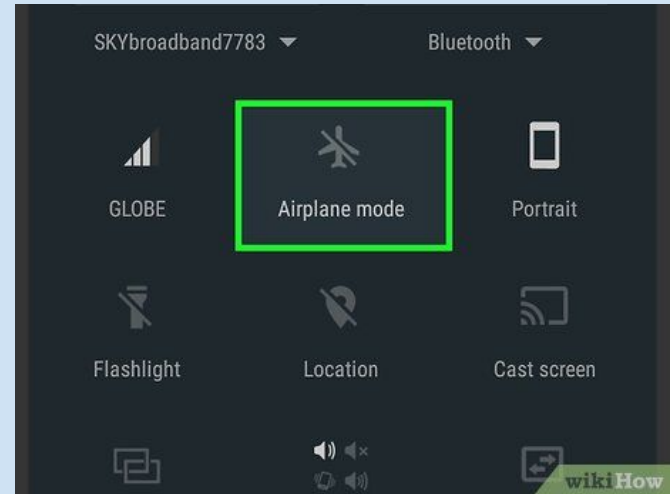
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**But you could
just do this:**

Switch on Airplane Mode



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**But you could
just do this:**

Set a timer for 25 mins



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**But you could
just do this:**

**Use your preferred
revision technique**



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**But you could
just do this:**

**After 25 minutes take a 5
minute break**



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Pomodoro Technique

- 1 Decide what task you need to complete
- 2 Set the timer for 25 minutes
- 3 Work on your task until the timer rings
- 4 Take a short, 5 minute break

Repeat 4 times



Take a longer,
15-30 minute break

© howstuffworks



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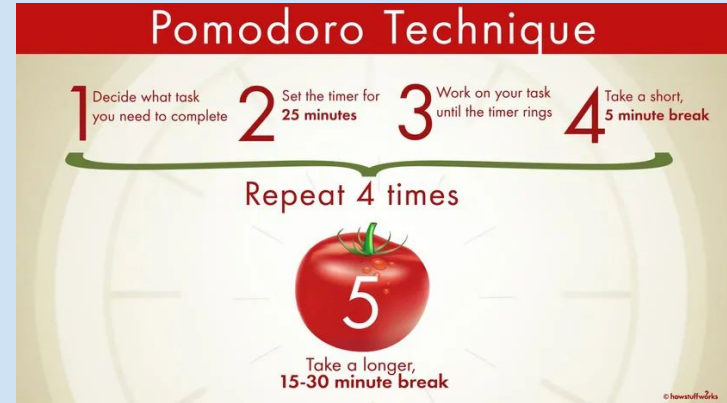


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Manage Distractions
Focus on the work
Short, sharp and
determined
Vary the tasks



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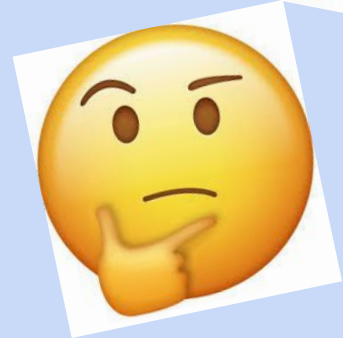
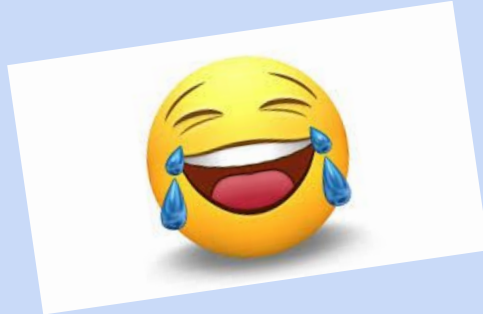
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How you may be feeling....

- Everyone will have different ways of coping and showing their feelings at this time – this is normal!
- You may feel calm at times and then anxious at other times





Get some nature!



Talk to someone



Make a plan



These are all simple things you can do to help manage your stress levels during the next few months and in the **longer** term.

Try yoga!

<https://www.youtube.com/watch?v=RaPp5jr--xo&safe=active>



Distract your brain
(mindfulness techniques work!)

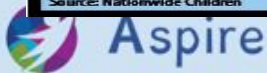
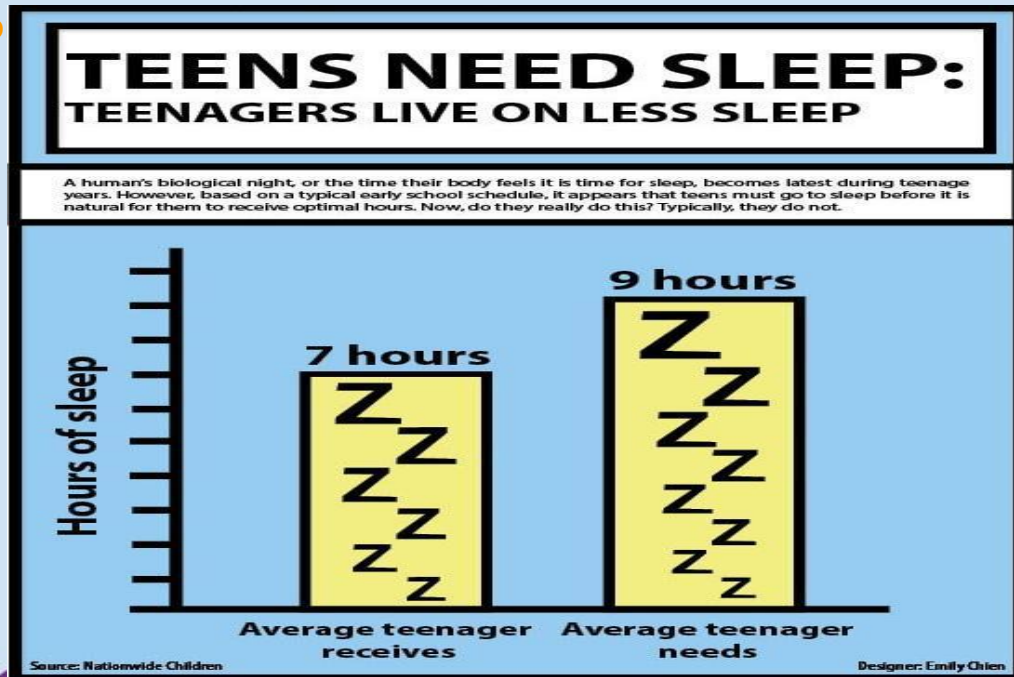
Consider your typical day

- Time you wake up in the morning - consideration of how you usually feel
- What you eat and drink throughout the day
- Any exercise that you do
- How much time do you spend outside
- What you do in the evenings and the hour before bed



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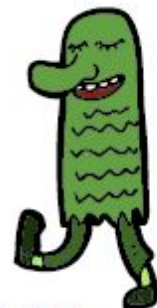
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Keeping Good Relationships

- Stress and arguments are natural.
- Listen to others – try and understand their point of view
- Try and explain how you are feeling – try and stay calm
- Take time out – go and listen to music, stand in the garden, give yourself space to calm down
- Hug it out! Other people will be feeling stressed too



The Green Man plan!



Step 1: When you feel yourself worrying. Write down your worry and how you feel.

Step 2: Put your worry in a safe place such as a jar, under your pillow or even in your pocket.

Step 3: Now your worry is out of your head, find something to do such as drawing a picture or tidying your room.

Step 4: At the end of the day collect all of your worries that you wrote down earlier.

Step 5: Grab a trusted grown up and talk about these worries together. (Or read these back to yourself in private if you prefer).

Step 6: After reading back over your worries, are there any that you can throw away?

Step 7: Now, go do something you enjoy as you have completed worry time!

Sometimes the longer we spend on a worry, the bigger it gets. Giving yourself a break can help you realise we didn't need to worry at all!