



## **Working at home timetable for school closure**

Whilst the school is closed it is important that you maintain a routine and continue with your education. Below is a weekly timetable for you to follow to enable you to keep up with your studies. We recommend that you put a daily timetable in place of when you will do the work to help keep a sense of normality and to ensure you get everything done.

**Your teachers will post work for you on Show My Homework every Friday for the following week.** - If you are having problems logging into SMHW please see below - Smithdon High School SMHW Log in Guide.

### **Years 7 and 8**

<b>Key Stage 3 (Y7 &amp; 8)</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>
Monday	Reading/Educake	MyMaths	Creative Design Task (Art, DT, Food)
Tuesday		SMHW Core Qs	Humanities Task (Geog, Hist, RE)
Wednesday		MyMaths	Languages Task (MFL)
Thursday		SMHW Core Qs	Performing Arts Task (Drama, Music)
Friday		MyMaths	ICT Task

- You should spend at least one hour a day reading for pleasure
- You should spend approximately one hour a day working on either Science or MyMaths
- You should spend approximately one hour a day completing the activities set for other subjects.

### **Years 9 and 10**

<b>Key Stage 4 (Y9 &amp; 10)</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
Monday	Reading/Set English tasks/Educake	Hegarty Maths	Independent Revision	Option 1
Tuesday		Sci - GCSEPOD		Option 2
Wednesday		Hegarty Maths		Option 3
Thursday		Sci - GCSEPOD		Option 4
Friday		Hegarty Maths		Sci – GCSEPOD/RE

- You should spend at least one hour a day reading for pleasure or completing English work posted on SMHW by your teacher
- You should spend one hour a day working on either GCSEPOD for science or Hegarty Maths for maths.
- You should spend one hour a day completing activities you have been set for your other subjects.
- You should spend one hour a day working on independent revision.

## **Year 11**

Year 11 students should prepare for next steps. Those of you that have made applications for sixth form will be advised on work to do in preparation for those courses. Those of you that have applied for college are advised to contact the college and ask what you should be doing during this time to prepare. It is important that you still revise the content you have been studying even though you haven't got exams – you will still need all that knowledge for your future.

**PE – All students should get at least 30 minutes exercise a day**

## **SUPPORT for all year groups**

If you have trouble logging in to MyMaths or Hegarty Maths please email Mrs Evans

[s.evans@smithdonhigh.org.uk](mailto:s.evans@smithdonhigh.org.uk)

If you have trouble logging in to Show My Homework please email Mr Patterson

[e.patterson@smithdonhigh.org.uk](mailto:e.patterson@smithdonhigh.org.uk)

If you have trouble logging in to GCSEPOD please email Mrs Robinson

[s.robinson@smithdonhigh.org.uk](mailto:s.robinson@smithdonhigh.org.uk)

If you have trouble logging in to educake please email Miss Wright

[a.wright@smithdonhigh.org.uk](mailto:a.wright@smithdonhigh.org.uk)

To support you with your education we also recommend

<https://www.bbc.co.uk/bitesize>

<https://www.senecalearning.com>

For Key Stage 4 students your teachers have recommended some revision guides, workbooks and resources that will be of use. Information about these can be found below.

## **Other Activities**

On top of the tasks set for these subjects it is important that you keep yourself busy and healthy. Other activities you could do include:

- Yoga/meditation
- Walking/jogging (maintaining social distancing)
- Keeping in touch with your friends and family through facetime or phone calls
- Cooking
- Playing board games such as scrabble
- Learning a new skill such as sewing or playing a musical instrument
- Learning life skills – helping around the house.

## Mental health and wellbeing support:

Just One Norfolk website: <https://www.justonenorfolk.nhs.uk/>  
Phone: 0300 300 0123

Chat health: <https://www.justonenorfolk.nhs.uk/our-services/chathealth>  
Text: 07480 635060

Young Minds website: <https://youngminds.org.uk/>

Childline website: <https://www.childline.org.uk/>  
Phone: 0800 1111

NSPCC: <https://www.nspcc.org.uk/>  
Phone: 0800 1111

Mind: <https://www.mind.org.uk/>  
Phone: 0300 123 3393 9am to 6pm, Monday to Friday (except for bank holidays). Text: 86463

### Domestic abuse:

<https://www.norfolk.gov.uk/safety/domestic-abuse/how-to-get-help/get-help-now>

National Helpline 24hrs - 0808 2000 247

Norfolk Police - non-emergency - 101

Respect helpline for perpetrators - 0808 802 4040

Victim Support - 0808 1689 111

Men's Advice Line - 0808 801 0327

Leeway - 0300 561 0077

Elder Abuse - 0808 808 8141

Galop - 0800 999 5428

### Online safety

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers and to report and remove harmful online content
- [CEOP](#) - for advice on making a report about online abuse

**If you're worried about a child, even if you're unsure, contact our the NSPCC**

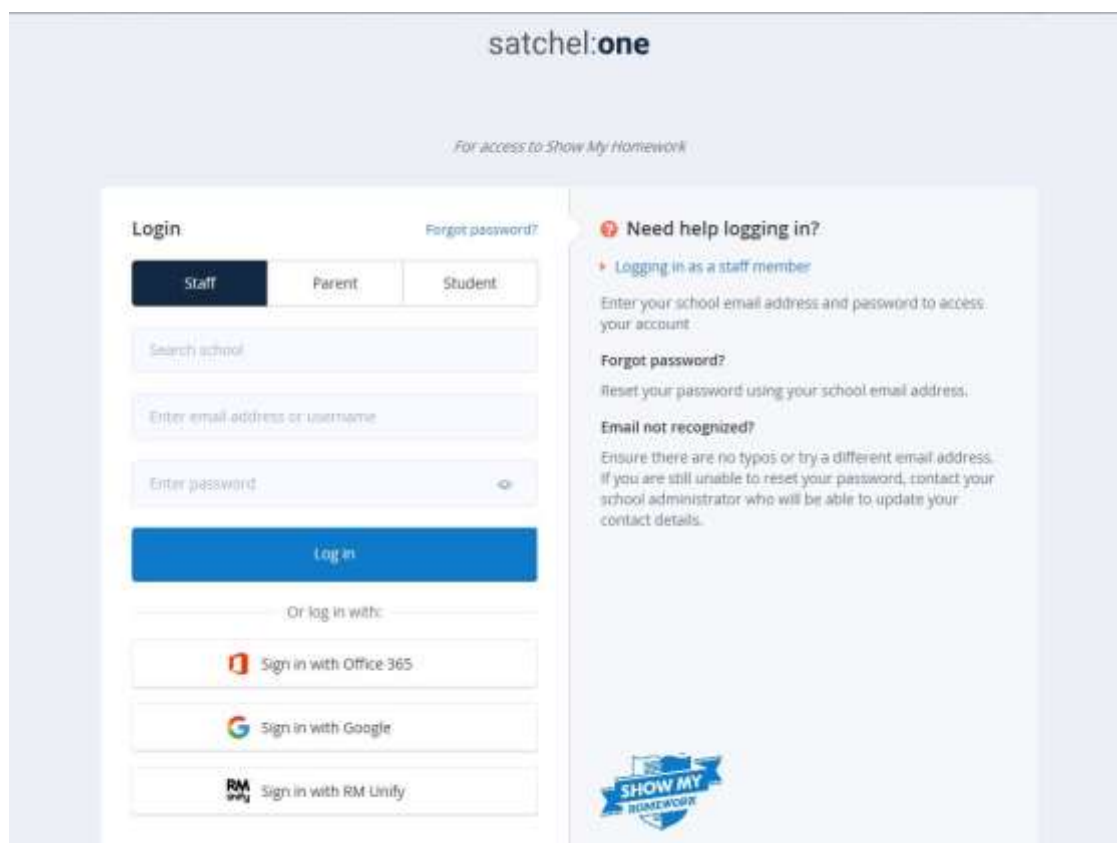
**Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

**Call us: 0808 800 5000**

## Show My Homework Login Guide

1: Open up a web browser whether it's Google Chrome, Internet Explorer, Microsoft Edge (Windows 10), Safari (Apple) or any other web browser that you may be using on your PC, Tablet or Apple device.

2: Navigate to the following Web URL <https://www.satchelone.com/login> you should see the following webpage as shown in the screenshot below.



The screenshot shows the Satchel One login interface. At the top, the 'satchel:one' logo is displayed. Below it, a subtitle reads 'For access to Show My Homework'. The main login area is divided into two sections. On the left, under the 'Login' heading, there are three tabs: 'Staff' (selected), 'Parent', and 'Student'. Below these tabs are three input fields: 'Search school', 'Enter email address or username', and 'Enter password' (with a toggle for visibility). A blue 'Log in' button is positioned below the password field. Underneath the button, it says 'Or log in with:' followed by three options: 'Sign in with Office 365', 'Sign in with Google', and 'Sign in with RM Unify'. On the right side, under the heading 'Need help logging in?', there are three links: 'Logging in as a staff member', 'Forgot password?', and 'Email not recognized?'. Each link has a brief description of the action. At the bottom right, there is a 'SHOW MY HOMEWORK' logo.

3: Scroll down the page and select “Sign in with Google”

4: All students at Smithdon have been given an email account and signing into Show My Homework is the same credentials as if students were signing into their email account. The email accounts for students is in the following format for your reference. *username@smithdonhigh.org.uk* and whatever the student's password has been set to. After signing in with the email credentials you should now have successfully signed into Show My Homework.

### Things to Consider:

If for some reason you are unable to sign into Show My Homework, please check the following that maybe preventing you for signing in successfully.

- Has the email inbox been activated? By signing into the email account for the first time.
- Has the password been changed recently by the student?
- If using a shared computer at home is anyone else in the family using their own Google credentials in the background? i.e. G-mail, YouTube as this may prevent Show MyHomework successfully signing in with the student's credentials.

## Revision guides and workbooks

Below is a list of useful revision materials that will support the learning of students. These are available to buy through the school shop (Link below)

<https://www.smithdonhigh.org.uk/page/?title=School+Uniform%2FSchool+Shop&pid=34>

or available from Amazon UK.

Subject	Exam board	Revision Guide	Available from
English Literature	AQA	5 guides: An Inspector Calls, Macbeth, A Christmas Carol, Power & Conflict Poetry & Unseen Poetry	School Shop
Mathematics Higher (Sets 1 and 2)	AQA	GCSE Maths AQA Revision Guide: Higher - for the Grade 9-1 Course (with Online Edition)	School Shop
Mathematics Foundation (Sets 3, 4 and 5)	AQA	Foundation Level GCSE AQA 9-1 Revision Guide	School Shop
Triple Science		Revision guide bundle following the course (Biology, Chemistry and Physics)	School Shop
Combined Science	AQA	Revision guide bundle following the Trilogy course (Biology, Chemistry and Physics)	School Shop
History	Edexcel	Revise Edexcel GCSE (9-1) History Anglo-Saxon and Norman England Revision Guide and Workbook Revise Edexcel GCSE (9-1) History Weimar and Nazi Germany Revision Guide and Workbook Revise Edexcel GCSE (9-1) History The American West Revision Guide and Workbook Revise Edexcel GCSE (9-1) History Crime and Punishment in Britain Revision Guide and Workbook.	Amazon
French	Edexcel	Edexcel GCSE 9-1 French Revision Workbook; Edexcel GCSE 9-1 French Study Guide; Edexcel GCSE 9-1 French Studio Grammar and Translation Workbook	School Shop
Religious Education	AQA	AQA GCSE Religious Studies A (9-1) Christianity and Islam Oxford University Press	Amazon
Physical Education	Edexcel	Revise Edexcel GCSE (9-1) physical education revision guide	Amazon



# SUPPORT YOUR CHILD ON THE PATH TO SUCCESS

Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals! Join the thousands of parents encouraging their children to use GCSEPod to support learning, homework and revision.

“

I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive.

Student

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“

My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising.

Parent

”

“

The correlation between success and failure was made almost 100% clear by the use of GCSEPod.

Head of MFL, Yateley School

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- ✓ Proven to increase results
- ✓ 25+ exam mapped subjects
- ✓ Available online and offline
- ✓ Audio visual content
- ✓ Builds confidence
- ✓ Use on the go, anytime, anywhere



For more information please visit [www.gcsepod.com/parents](http://www.gcsepod.com/parents)

## Student Activation

Please follow the below instructions if your child has not yet activated their GCSEPod account.

1. Go to [GCSEPod.com](http://GCSEPod.com) and click LOGIN
2. Click NEW HERE? GET STARTED!
3. Enter your child's details and confirm the name of the school they attend.
4. Create a username and password.

