

# Work from home (The Woodroffe way)

Wake up at your usual time on a school day. Teams assignments will be live by 08:00.

## Wake-up



Get organised. Work on the subjects you would have had that day and note live lesson times.

## Timetable



Try to work somewhere quiet, free from distractions and comfortable.

## Environment



Spend time outdoors! Getting fresh air can also help if you're stuck on an assignment.

## Exercise



## YOUR LEARNING

Students staying organised, motivated and engaged has never been more important. We recognise the challenges this presents and will do all we can to support you whilst working remotely.

## Technology



If you are struggling to access a laptop or the internet let us know immediately. We can help.

## Food



Make sure you eat and drink healthily through the day to keep your energy levels up.

## Boundaries



If an assignment takes longer than an hour, STOP. Hand it in and speak to your teacher.

## Stuck or worried?



Communicate with your teachers through teams or by email. We are here for you!