



LANDAU
FORTE
COLLEGE
DERBY



Learning from Home

Summer 2020

Maintaining Momentum

We understand that adjusting to working at home can be challenging for students as well as their parents and carers.

We have put this document together to try to help you sustain the momentum for learning after the Easter break.

After Easter, there will be some small changes to the way we are setting work:

Years 7 and 8 will work on a project for each subject over a period of 2 weeks (this may vary slightly for some subjects but the Learning Tutors will provide direction on time). These projects will continue to be set on Show My Homework. You may find it helpful to spend a block of time on one subject's project (for example, a full day), before moving onto another. Alternatively, you may still choose to divide up your day with a variety of subjects- whichever you find most helpful. Learning Tutors will provide the timings and what they expect you to have achieved/ what and how you will need to submit work at the end of the project.

Years 9, 10 and 12 will continue to be set tasks on Show My Homework from Learning Tutors in each subject, in line with the sessions you would have had on that day if you were in College
Years 11 and 13 will be set

appropriate bridging learning and activities that will be beneficial for all students' next steps.

Show My Homework will continue to be the main platform used for the above home learning. As always, please leave a comment for your Learning Tutor on Show My Homework if you have any questions or require any support- please don't worry, we are here to help! There are other activities available on our website, along with curriculum overviews for each subject and year group.

We just want you to try your best. If you are experiencing any difficulties or have any concerns, please contact your child's Head of Year using our contact form: <https://landau-forte.org.uk/contact>



GENERAL TIPS...

STICK TO A ROUTINE

Set an alarm, get up and out of bed at the same time daily. Go to bed at a reasonable time, too. The Sleep Foundation recommends teenagers need around 8-10 hours of sleep each night.

Try to work in a quiet space, preferably at a desk or table if you have access to one.

STICK TO A TIMETABLE

Write yourself a timetable that is similar to how your day at College would be and stick to it each day. If you are in a routine, you are more likely to be more productive. Make sure you fit in regular breaks too (around 10 minutes for each hour). In these breaks, have a healthy snack, try to be active or do something relaxing like listening to music or doing a jigsaw.

AVOID DISTRACTIONS

As tempting as it is to have your phone beside you or the TV on, these things will distract you, and it will take you longer to complete your tasks. Listen to relaxing music or the radio if needed to help you.

STAY CONNECTED

Communicate with peers and teachers that you would normally see on a daily basis as much as possible. You can e-mail your Personal Tutor and Learning Tutors using the College e-mail or message them on Show My Homework.



KEEP MOVING

There are plenty of home exercise videos you can follow on YouTube, from yoga to aerobics. You may even find a new hobby! It is a proven fact that exercise helps concentration and will improve your mood too, so it is important you take time to exercise daily. You may decide, for example, to start each day with the Joe Wicks 9am PE lessons.



Set yourself goals each day, for example:

	Monday	Tuesday	Wednesday	Thursday	Friday
Learning	Joe Wicks PE Do 6 tasks set by LTs on SMHW Accelerated Reader quiz	Joe Wicks PE Do 6 tasks set by LTs on SMHW History project- do virtual tour of museum	Joe Wicks PE Do 6 tasks set by LTs on SMHW My Maths- tricky topic	Joe Wicks PE Do 6 tasks set by LTs on SMHW Do a piece of creative writing	Joe Wicks PE Do 6 tasks set by LTs on SMHW Plant some seeds
Activity	Go for a walk with parents, if possible	Finish a chapter in a book your reading	Play a game together	Listen to music	Watch an episode from a series

FOOD THAT HELPS YOU BOOST YOUR LEARNING...

Many foods can help keep your brain healthy. Some foods, such as fruits and vegetables, as well as tea and coffee, have antioxidants that help protect your brain from damage. Others, such as nuts and eggs, contain nutrients that support memory and brain development. The NHS also recommends drinking 6-8 glasses of water per day.

- Fruits and berries - Apples are high in fibre and vitamin C. They make the perfect snack if you are hungry between meals.

Advice for Parents and Carers

Regardless of your child's age, it is important to have a schedule for them during their additional time at home. Educators recommend providing structure to each day by allocating time to different activities and sticking to this on a day-to-day basis.

Home learning doesn't mean that you have to be the teacher. Use the things available to you, such as work sent by the school or the many online free

resources. Try to check the quantity and quality of work they are completing. Tasks from teachers will be visible on Show My Homework with guidelines as to the amount of time that should be spent on each task.

Try to fit exercise into the daily routine. If outdoor activity isn't an option, there are many workouts or yoga classes for young people available on websites such as YouTube.

Let College know if there are any barriers to your child being able to learn from home. E.g. Due to IT difficulties or internet problems.

It is important to allow children time to chat to friends on things like Facetime for example, so that they are socialising. If you are concerned about their time spent online, the following organisations can provide useful advice.



- Strawberries are highly nutritious and low in both carbs and calories.
- Nuts and seeds – Almonds are loaded with vitamin E, antioxidants and fibre.
- Vegetables – Carrots are full of fibre and vitamin K and make a quick, preparation-free snack.
- Broccoli contains a decent amount of protein compared to other vegetables.
- Potatoes are loaded with potassium and contain a little bit of almost every nutrient you need, including vitamin C.



CEOP

www.ceop.police.uk/safety-centre

The Children’s Commissioner ‘Digital 5 a Day’

www.childrenscommissioner.gov.uk/our-work/digital/5-a-day

Net Aware NSPCC

www.net-aware.org.uk

NSPCC Online Safety Helpline 0808 800 5002

The link below gives you a number of tips around online safety, which you may find useful relating to social media apps, and advising how to set up parental controls on your computer.

<https://www.net-aware.org.uk>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls>

Wellbeing

The link below is from the World Health Organisation and contains information about healthy parenting in what are obviously unusual times. Again, you may find some of the advice useful.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Learning from Home

The Department for Education has brought out a list on online educational resources to help children learn at home:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

From 20 April, there will also be daily lessons available from BBC Bitesize: <https://www.bbc.co.uk/bitesize>

Other resources

In order to keep your children entertained there are now numerous websites offering educational content in the form of documentaries, which are now free to use. The list below gives you a flavour of these. The timings are for guidance and you would certainly not have to use all of them, but you may find some of them interesting. You may wish to use some of these during or after the Easter holiday.

Museums

- Anne Franke Museum, Amsterdam, Netherlands - <https://www.annefrank.org/en/museum/web-and-digital>
- British Museum, London - <https://britishmuseum.withgoogle.com>
- Guggenheim, Bilbao, Spain - <https://www.guggenheim-bilbao.eus/en>
- Hermitage Museum, St Petersburg, Russia - <https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be> • Louvre Museum Paris - <https://www.louvre.fr/en/visites-en-ligne>
- MASP, Sao Paolo, Brazil - <https://masp.org.br/en>
- Met Museum, New York - <https://www.metmuseum.org/art/online-features/met-360-project>
- Musée d'Orsay, Paris - <https://m.musee-orsay.fr/en/home.html>
- Musei Vaticani, Vatican City - <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- Museum Of London Docklands - <https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- National Gallery Of Arts, Washington DC - <https://www.nga.gov>
- National Gallery, London - <https://www.nationalgallery.org.uk/visiting/virtual-tours>
- National Museum Of US Air Forces - <https://www.nationalmuseum.af.mil>
- Natural History Museum, London - <https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- Palestine Museum - <https://www.palmuseum.org/ehxibitions/virtual-exhibitions>
- Picasso Museum, Barcelona - <http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- Rijksmuseum, Amsterdam, Netherlands - <https://artsandculture.google.com/partner/rijksmuseum>
- Royal Academy Of Arts, London - <https://britishart.yale.edu>
- Salvatore Dali Museum, Figueres, Spain - <https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- Tate Britain, London - <https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- The J. Paul Getty Museum, Los Angeles, United States - <https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- The Museum of Flight - <https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- The National Museum of Computing on Bletchley Park - <https://britishart.yale.edu>
- Uffizi Gallery, Florence, Italy - <https://artsandculture.google.com/partner/uffizi-gallery>
- US Holocaust Museum - <https://www.ushmm.org/information/exhibitions/online-exhibitions>
- Van Gogh Museum, Amsterdam, Netherlands - <https://artsandculture.google.com/partner/van-gogh-museum>
- Virginia Living Museum - <https://thevlm.org/visit/about-us/covid-19-update/natural-education>
- Women's History Museum, Virginia, USA - <https://www.womenshistory.org/womens-history/online-exhibits>
- Yale Centre For British Art - <https://britishart.yale.edu>

Tourist Destinations

- Buckingham Palace, London - <https://www.royal.uk/virtual-tours-buckingham-palace>
- Colosseum, Rome - <https://tinyurl.com/thrprzf>
- Machu Picchu - <https://www.youvisit.com/tour/machupicchu?pl=f>
- Northern Lights - <https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam> • Pyramids - <https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>
- Stonehenge - <https://tinyurl.com/wz3xgz7>
- Street Art with Google - <https://streetart.withgoogle.com/en>
- Taj Mahal, Agra, India - <https://tinyurl.com/qpz7vmt>
- The Great Wall Of China - <https://www.thechinaguide.com/destination/great-wall-of-china>
- Tour of Rome, Italy - <https://tinyurl.com/s5vlzbc>

General Sites

- AirPano - <https://www.airpano.com>
- Berliner Philharmoniker - <https://www.digitalconcerthall.com/en/home> • ExoPlanets NASA - <https://exoplanets.nasa.gov>
- Legoland - <https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour>
- NASA, Langley Research Centre - <https://oh.larc.nasa.gov/oh>
- The Kennedy Centre - <https://www.kennedy-center.org/digitalstage>
- Walt Disney Parks - <https://tinyurl.com/v7qano5>
- Wellcome Collection - <https://my.matterport.com/show/?m=rMGsprcVCAR>

Zoos

- African Animals - <https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>
- Atlanta Zoo - <https://zooatlanta.org/panda-cam>

- Cincinnati Zoo - <https://www.facebook.com/events/2915534028492292>
- Dublin Zoo - <https://www.dublinzoo.ie/animals/animal-webcams/elephants>
- Edinburgh Zoo - <https://www.edinburghzoo.org.uk/webcams/panda-cam>
- Explore.org Live Cams - <https://explore.org/livecams>
- Flamingo Land - <https://www.flamingoland.co.uk/virtual-tour>
- Florida Aquarium - <http://www.flaquarium.org/sea-span>
- Hirakawa Zoo, Japan - <https://hirakawazoo.jp/animal/movie>
- International Wolf Centre - <https://wolf.org/wolf-cams2>
- Kansas City Zoo - <https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin>
- Melbourne Zoo - <https://www.zoo.org.au/animal-house>
- National Aquarium, USA - <https://www.aqua.org/Experience/live>
- National Zoo, Washington DC - <https://nationalzoo.si.edu/webcams>
- Osaka Zoo - <http://www.wombat-tv.com/>
- San Diego, California, Zoo - <https://zoo.sandiegozoo.org/live-cams>
- Smithsonian, Washington DC - <https://nationalzoo.si.edu/webcams>
- Yellowstone National Park - <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

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