



Tips for studying at home!

Follow a set timetable

Free yourself from distractions

Take regular breaks - not too many!

Eat well and drink plenty of water

Change topics at regular intervals

Keep an eye on Office 365 for help

Get up early & have an area set up

Practice exam style questions

Talk it out! You have lots of support

Guide to help parents support their child studying at home.

<https://www.theparentsguideto.co.uk/response>

Department for Education Coronavirus helpline

The DfE has opened a helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

Opening hours: 8am to 6pm (Monday to Friday)
