

ARMADALE ACADEMY

LOCKDOWN 2 S1 & S2 STUDENT GUIDE



'Learning Together, Achieving Together & Recovering Together'



INTRODUCTION

Welcome to your guide to Lockdown 2!

We are all hoping that this is a short interruption to teaching in school with all pupils in front of us and rest assured, as soon as it is safe to do so, we look forward to welcoming you all back in the building.

In the meantime, we thought it would be helpful to remind you what the framework for learning looks like and what our expectations are of you.

This guide will include:

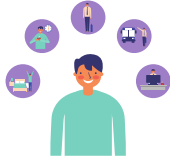
- Your responsibilities
- Suggested framework and tutorial timetable for S1 & S2
- Health and Wellbeing

INTRO





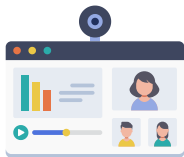
YOUR RESPONSIBILITIES



Get into a daily routine where you are up and ready to work in the morning



Engage with the materials that your teachers provide



Attend the tutorial sessions on your timetable



Avoid distractions throughout the day (phones, TV etc)



Speak to your teacher if you need any resources specific to the subject you are learning

We know that this is a challenging way to learn so please remember to speak to your class teacher or a member of student support if you are struggling.

Your wellbeing is vitally important and throughout the day, try to take breaks and do some physical activity. This might be doing some of the challenges set by the PE department, helping out around the house, taking the dog for a walk, going for a run, or even doing one of Joe Wicks' workouts!



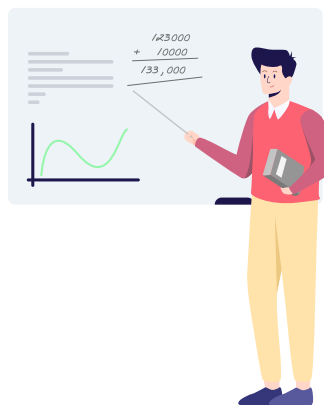
S1 - WHAT WILL MY WEEK LOOK LIKE?



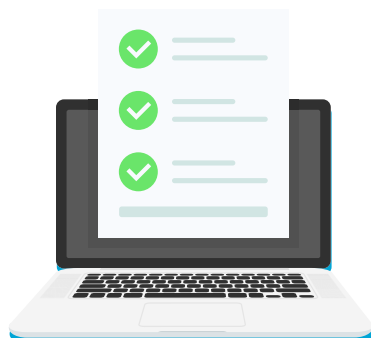
Explanation: Teachers will post content of up to 30 minutes per subject per week in online Teams for you to access at a time of your choice. This might be a video, series of videos, or PowerPoint slides with teacher narration etc. This will be the starting point for your independent learning materials that will be set



Independent Learning: you will be set a range of tasks which should take around 1 hour per subject per week. Extension activities can also be found here



Tutorial Session: We have published a timetable on the website which outlines the day-by-day tutorial sessions. There will be 45 minutes per subject per week of tutorial support which will support your learning. Your teachers will be able to interact with you through Microsoft Teams to support learning and answer questions. We ask you to prioritise these sessions during their school week as much as possible.



Assignment Submission: You will be expected to return a minimum of one piece of work per fortnight per subject that they return to their teacher for feedback. It may slightly vary subject to subject.



ARMADALE ACADEMY ONLINE LEARNING GUIDANCE AND TUTORIAL TIMETABLE (S1)

Below is a broad framework for all S1 students to follow during this second lockdown. Students have been engaging and working on Microsoft Teams all session and should be familiar with the platform. We would strongly encourage students to use the early part of the morning to undertake a physical or wellbeing activity to support their health and wellbeing.

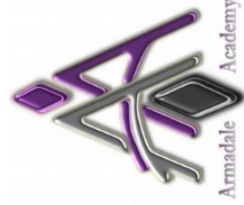
- 1. Explanation:** Teachers will post content of up to 30 minutes per subject per week in online Teams for your child to access at a time of their choice. This might be a video, series of videos, or PowerPoint slides with teacher narration etc. This will be the foundation for independent learning materials that will be set.
- 2. Independent learning:** Students will be set a range of tasks which should take around 1 hour per subject per week.
- 3. Tutorial Session:** We have published a timetable on the second page of this document which outlines the day-by-day tutorial sessions. There will be 45 minutes per subject per week of tutorial support which will support the learning and teaching process. Staff will be able to interact with students through Microsoft Teams to support learning and answer questions. We **expect students to prioritise** these sessions during their school week as much as possible.
- 4. Assignment submission:** Students will be expected to return a minimum of one piece of work per fortnight per subject that they return to their teacher for feedback. It may slightly vary subject to subject.

Support for Learning materials for interventions such as the nurture group, dyslexia group, numeracy group and accelerated reading will continue to be delivered through the posting of materials on Microsoft Teams.

Please note that we recognise there will be differing family circumstances and it won't always be possible to follow this model. As a result, we ask students to communicate any challenges with their class teacher in the first instance.

SUMMARY OF ONLINE LEARNING EXPECTATIONS

	EXPLANATION	INDEPENDENT LEARNING	TUTORIAL SESSION	ASSIGNMENT SUBMISSION
S1	30 MINS PER SUBJECT PER WEEK	1 HOUR PER SUBJECT PER WEEK	45 MINUTES PER SUBJECT PER WEEK	MINIMUM OF ONE PIECE PER FORTNIGHT PER SUBJECT



ARMADALE ACADEMY ONLINE LEARNING

TUTORIAL SESSIONS TIMETABLE (S1)



Click on the name of subject below to access overviews of learning

	Morning Session 1 10-10.45am	Morning Session 2 10.50-11.35am	Morning Session 3 11.40-12.25	LUNCH 12.25-1.15pm			Afternoon Session 1 1.15pm-2pm	Afternoon Session 2 2.05-2.50pm	Afternoon Session 3 2.55-3.40pm	
MON	<u>BIT</u>	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	<u>Maths B classes</u> (1E, 1F, 1G & 1H)	<u>English A classes</u> (1A, 1B, 1C & 1D)	<u>Science</u>	Extension Activities/ Independent Learning/ Personal Reading	<u>Maths A classes</u> (1A, 1B, 1C & 1D)	<u>English B classes</u> (1E, 1F, 1G & 1H)
TUE	<u>Social Studies</u>	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	<u>Art & Design</u>		Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	<u>CDI</u>	
WED	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading			<u>RMPS</u>	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	<u>PE</u>
THU	<u>French</u>	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	<u>School of Football</u>			Extension Activities/ Independent Learning/ Personal Reading	<u>Music</u>	Extension Activities/ Independent Learning/ Personal Reading	
FRI	<u>Drama</u>	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading			Extension Activities/ Independent Learning/ Personal Reading			

Maths & English Block

Maths and English 'A' Block classes - 1A, 1B, 1C & 1D
 Maths & English 'B' Block classes - 1E, 1F, 1G & 1H



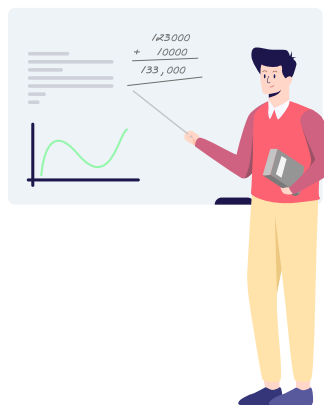
S2 - WHAT WILL MY WEEK LOOK LIKE?



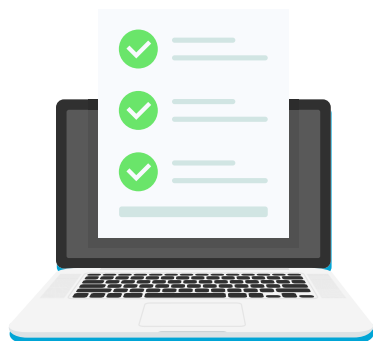
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Independent Learning: you will be set a range of tasks which should take around 1 hour per subject per week. Extension activities can also be found [here](#)



Tutorial Session: We have published a timetable on the website which outlines the day-by-day tutorial sessions. There will be 45 minutes per subject per week of tutorial support which will support your learning. Your teachers will be able to interact with you through Microsoft Teams to support learning and answer questions. We ask you to prioritise these sessions during their school week as much as possible.



Assignment Submission: You will be expected to return a minimum of one piece of work per fortnight per subject that they return to their teacher for feedback. It may slightly vary subject to subject.



ARMADALE ACADEMY ONLINE LEARNING GUIDANCE AND TUTORIAL TIMETABLE (S2)

Below is a broad framework for all S2 students to follow during this second lockdown. Students have been engaging and working on Microsoft Teams all session and should be familiar with the platform. We would strongly encourage students to use the early part of the morning to undertake a physical or wellbeing activity to support their health and wellbeing.

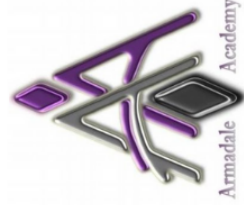
- 1. Explanation:** Teachers will post content of up to 30 minutes per subject per week in online Teams for your child to access at a time of their choice. This might be a video, series of videos, or PowerPoint slides with teacher narration etc. This will be the foundation for independent learning materials that will be set.
- 2. Independent learning:** Students will be set a range of tasks which should take around 1 hour per subject per week.
- 3. Tutorial Session:** We have published a timetable on the second page of this document which outlines the day-by-day tutorial sessions. There will be 45 minutes per subject per week of tutorial support which will allow students to access their teachers. Staff will be able to interact with students through Microsoft Teams to support learning and answer questions. We **expect students to prioritise** these sessions during their school week as much as possible.
- 4. Assignment submission:** Students will be expected to return a minimum of one piece of work per fortnight per subject that they return to their teacher for feedback. It may slightly vary subject to subject.

Support for Learning materials for interventions such as the nurture group, dyslexia group, numeracy group and accelerated reading will continue to be delivered through the posting of materials on Microsoft Teams.

Please note that we recognise there will be differing family circumstances and it won't always be possible to follow this model. As a result, we ask students to communicate any challenges with their class teacher in the first instance.

SUMMARY OF ONLINE LEARNING EXPECTATIONS

	EXPLANATION	INDEPENDENT LEARNING	TUTORIAL SESSION	ASSIGNMENT SUBMISSION
S2	30 MINS PER SUBJECT PER WEEK	1 HOUR PER SUBJECT PER WEEK	45 MINUTES PER SUBJECT PER WEEK	MINIMUM OF ONE PIECE PER FORTNIGHT PER SUBJECT



ARMADALE ACADEMY ONLINE LEARNING

TUTORIAL SESSIONS TIMETABLE (S2)



Click on the name of subject below to access overviews of learning

	Morning Session 1 10-10.45am	Morning Session 2 10.50-11.35am	Morning Session 3 11.40-12.25	LUNCH 12.25-1.15pm			Afternoon Session 1 1.15pm-2pm	Afternoon Session 2 2.05-2.50pm	Afternoon Session 3 2.55-3.40pm
MON	<u>Social Studies/</u> <u>RMPS</u>	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading				Extension Activities/ Independent Learning/ Personal Reading	<u>CDI</u>	Extension Activities/ Independent Learning/ Personal Reading
TUE	<u>PE</u>	Extension Activities/ Independent Learning/ Personal Reading	<u>Music</u>				<u>School of</u> <u>Football</u>	Extension Activities/ Independent Learning/ Personal Reading	<u>Science</u>
WED	Extension Activities/ Independent Learning/ Personal Reading	<u>Drama</u>	Extension Activities/ Independent Learning/ Personal Reading				Maths B classes (2E, 2F, 2G & 2H) English A classes (2A, 2B, 2C & 2D)	<u>BIT</u>	Extension Activities/ Independent Learning/ Personal Reading
THU	Extension Activities/ Independent Learning/ Personal Reading	Maths A classes (2A, 2B, 2C & 2D) English B classes (2E, 2F, 2G & 2H)	Extension Activities/ Independent Learning/ Personal Reading				<u>Art</u>	Extension Activities/ Independent Learning/ Personal Reading	<u>Home Economics</u>
FRI	<u>French</u>	Extension Activities/ Independent Learning/ Personal Reading	Extension Activities/ Independent Learning/ Personal Reading						

Maths & English Block

Maths & English 'A' block classes - 2A, 2B, 2C & 2D
 Maths & English 'B' block classes - 2E, 2F, 2G & 2H



ICT SUPPORT

Finally, here are some links to help you if you are unsure how to access things on TEAMS:

<https://sway.office.com/SkRwrQRy4QNcS28g?ref=Link>

You might also find these short videos from our Depute Head Boy/Girl useful: <https://youtu.be/3eifBib5BT4>
<https://youtu.be/6weXMCEXH9M>



E-sgoil are offering a variety of online sessions across S1-S3 and S4-S6. Students will have to register for these sessions and it can be done [here](#)

If you require access to hardware or WiFi then please contact Mrs. Reid on emma.reid2@westlothian.org.uk and she will be able to help you organise additional hardware or WiFi.





WELLBEING SUPPORT

Your wellbeing is very important to us. If you are struggling, please contact your relevant Student Support teacher using the following email addresses

Cochran House

Miss Gordon: caroll.gordon@westlothian.org.uk

Mr Lavelle: michael.lavelle@westlothian.org.uk

Honeyman House

Mr Dinwoodie: rory.dinwoodie@westlothian.org.uk

Mrs Landos-McKay: morgane.landoss@westlothian.org.uk

Wood House

Mrs MacLeod: lynne.macleod@westlothian.org.uk

Miss McGoldrick: kerrie.mcgoldrick@westlothian.org.uk

In addition, there are a number of useful websites outlined below which provide useful information and strategies to support your wellbeing

- <https://www.samh.org.uk/>
- <https://breathingspace.scot/>
- <https://www.mentalhealth.org.uk/scotland>
- <https://www.nhsinform.scot/illnesses-and-conditions/mental-health>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Moreover, we have deliberately ensured that there are no tutorials between 9-10am to allow you the protected time to undertake a wellbeing activity of your choice.
