

# ARMADALE ACADEMY

## LOCKDOWN 2 S3 STUDENT GUIDE



'Learning Together, Achieving Together & Recovering Together'



# INTRODUCTION

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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.

If you need resources such as jotters, pens, calculators etc then contact your teacher in the first instance and they will advise where and when you can collect.

This guide will include:

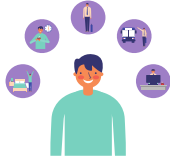
- Your responsibilities
- Suggested framework and tutorial timetable for S3
- Health and Wellbeing





# YOUR RESPONSIBILITIES

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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!

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# S3 - WHAT WILL MY WEEK LOOK LIKE?

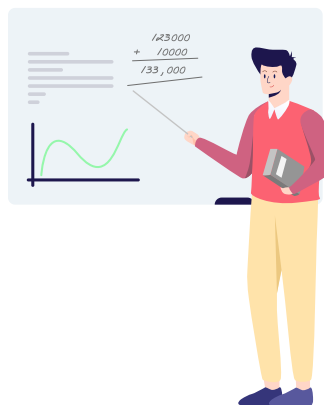
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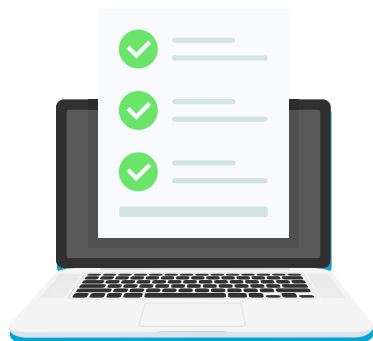
**Explanation:** Teachers will post content of up to 1 hour per subject per week in online Teams for you to access at a time of your choice. This might be a video, series of videos, or PowerPoint slides with teacher narration etc. This will be the starting point for your independent learning materials that will be set



**Independent Learning:** you will be set a range of tasks which should take around 1 hour per subject per week.



**Tutorial Session:** We have published a timetable on the website which outlines the day-by-day tutorial sessions. There will be 1x 45 minutes per subject per week of tutorial support which will support your learning. However, there will be 2x 45min sessions for English and Maths. 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.

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# ARMADALE ACADEMY ONLINE LEARNING GUIDANCE AND TUTORIAL TIMETABLE (S3)

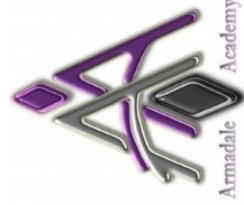
Below is a broad framework for all S3 students to follow during this second lockdown. Students have been engaging and working on Microsoft Teams all session and should be familiar with the platform. We would strongly encourage students to use the early part of the morning to undertake a physical or wellbeing activity to support their health and wellbeing

- 1. Explanation:** Teachers will post content of around 1 hour 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 time which will support the learning and teaching process. Please note that there will be an additional tutorial session for both Maths and English. 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.

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 POSTED ON TEAMS | INDEPENDENT LEARNING        | TUTORIAL SESSION  | ASSIGNMENT SUBMISSION                          |
|----|-----------------------------|-----------------------------|---|--|
| S3 | 1 HOUR PER SUBJECT PER WEEK | 1 HOUR PER SUBJECT PER WEEK | 45 MINUTES PER SUBJECT PER WEEK (THERE WILL BE TWO SESSIONS FOR BOTH MATHS AND ENGLISH) | MINIMUM OF ONE PIECE PER FORTNIGHT PER SUBJECT |



# ARMADALE ACADEMY ONLINE LEARNING

## TUTORIAL SESSIONS TIMETABLE (S3)



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

|            | Morning Session 1<br>10-10.45am  | Morning Session 2<br>10.50-11.35am                | Morning Session 3<br>11.40-12.25                                       | LUNCH 12.25-1.15pm |  |  | Afternoon Session 1<br>1.15pm-2pm    | Afternoon Session 2<br>2.05-2.50pm                        | Afternoon Session 3<br>2.55-3.40pm     |
|------------|--|---|--|--------------------|--|--|--------------------------------------|---|--|
| <b>MON</b> | <a href="#">Chemistry</a>  | <a href="#">History</a>                           | <a href="#">English</a>  |                    |  |  | <a href="#">RMPS</a>                 | <a href="#">Physics</a>                                   | <a href="#">Practical Craft Skills</a> |
| <b>TUE</b> | <a href="#">Maths B and French B classes (3B1, 3B2, 3B3 &amp; 3B4)</a> | <a href="#">Modern Studies</a>                    | <a href="#">Drama</a>  |                    |  |  | <a href="#">Biology</a>              | <a href="#">Spanish</a>                                   | <a href="#">Business</a>               |
| <b>WED</b> | <a href="#">Art &amp; Design</a>                                       | <a href="#">English</a>                           | <a href="#">Computing</a>  |                    |  |  | <a href="#">Dance</a>                | <a href="#">Maths B classes (3B1, 3B2, 3B3 &amp; 3B4)</a> | <a href="#">Design and Manufacture</a> |
| <b>THU</b> | <a href="#">School of Football</a>                                     | <a href="#">Geography</a>                         | <a href="#">French C and Maths C classes (3C1, 3C2, 3C3 &amp; 3C4)</a> |                    |  |  | <a href="#">People &amp; Society</a> | <a href="#">Home Economics</a>                            | <a href="#">Music</a>                  |
| <b>FRI</b> | <a href="#">PE</a>   | <a href="#">Maths C (3C1, 3C2, 3C3 &amp; 3C4)</a> | <a href="#">Graphics</a>   |                    |  |  |                                      |   |  |

### Maths & French Block

Maths & French 'B' block classes - 3B1, 3B2, 3B3 & 3B4

Maths & French 'C' block classes - 3C1, 3C2, 3C3 & 3C4

# ICT AND WELLBEING SUPPORT

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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](#)

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](mailto:caroll.gordon@westlothian.org.uk)

**Mr Lavelle:** [michael.lavelle@westlothian.org.uk](mailto:michael.lavelle@westlothian.org.uk)

## **Honeyman House**

**Mr Dinwoodie:** [rory.dinwoodie@westlothian.org.uk](mailto:rory.dinwoodie@westlothian.org.uk)

**Mrs Landos-McKay:** [morgane.landos@westlothian.org.uk](mailto:morgane.landos@westlothian.org.uk)

## **Wood House**

**Mrs MacLeod:** [lynne.macleod@westlothian.org.uk](mailto:lynne.macleod@westlothian.org.uk)

**Miss McGoldrick:** [kerrie.mcgoldrick@westlothian.org.uk](mailto:kerrie.mcgoldrick@westlothian.org.uk)

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# ICT SUPPORT

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<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](mailto:emma.reid2@westlothian.org.uk) and she will be able to help you organise additional hardware or WiFi.







# WELLBEING SUPPORT

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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.landos@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.

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