

ARMADALE ACADEMY

LOCKDOWN 2 S4-S6 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 remote learning looks like and what our expectations are of you. Throughout this lockdown, your class teachers will support you in any way they can with your learning. They will provide class materials on TEAMS, run tutorial sessions for you to check in with them and ask questions and provide a range of different materials to help you engage with your learning. In addition, they provide feedback on your learning.

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.

You also have some responsibility. Remember – you are still working towards a range of holistic assessments for National 5/Higher/Advanced Higher which will help determine your grade at the end of the year.

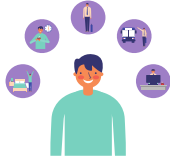
This guide will include:

- Your responsibilities
- Suggested framework and tutorial timetable for S4-S6
- Health and Wellbeing





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!



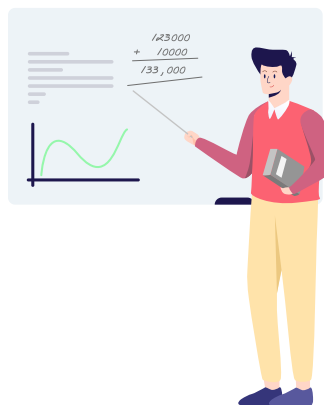
S4-S6: WHAT WILL MY WEEK LOOK LIKE?



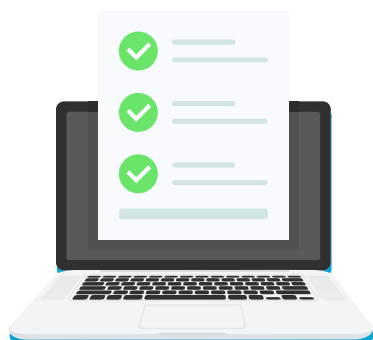
Explanation: Teachers will post content of up to 1 hour per subject per week in online Teams for you to access at a time of your choice. This might be a video, series of videos, or PowerPoint slides with teacher narration etc. This will be the starting point for your independent learning materials that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



Independent Learning: you will be set a range of tasks which should take around 2.5 hours per subject per week for Higher and 1 hour per subject per week for N4/N5.



Tutorial Session: We have published a timetable on the website which outlines the day-by-day tutorial sessions. There will be 2x 45 minutes per subject per week of tutorial support for almost all subjects 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 (S4-S6)

Below is a broad framework for all S4-S6 students to follow during this second lockdown. Almost all of our S4-S6 students will be preparing for holistic assessments for N5, Higher and Advanced Higher subjects. We are awaiting guidance from the SQA as to how this second lockdown will impact our ability to gather evidence to support SQA provisional grades. We are hopeful that attendance in school will resume as soon as possible and holistic assessments will be able to be conducted in school. Students have been engaging and working on Microsoft Teams all session and should be familiar with the platform.

- 1. Explanation:** Teachers will post content of around 1 hour per subject per week for Higher and National 4/5 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 2.5 hours per subject per week for Higher and 1 hour per subject per week for National 4/5.
- 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 two 45 minute tutorials per subject per week (for almost all subjects) 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. We recognise that, in a limited number of cases, there may be clashes in tutorial sessions. However, we expect students to attend at least one per week per subject
- 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
NAT 4/5	1 HOUR PER SUBJECT PER WEEK	1 HOUR PER SUBJECT PER WEEK	2X 45 MINUTE TUTORIALS PER SUBJECT PER WEEK	MINIMUM OF ONE PIECE PER FORTNIGHT PER SUBJECT
HIGHER	1 HOUR PER SUBJECT PER WEEK	2.5 HOUR PER SUBJECT PER WEEK	2X 45 MINUTE TUTORIALS PER SUBJECT PER WEEK	MINIMUM OF ONE PIECE PER FORTNIGHT PER SUBJECT
ADV HIGHER	VARIES DEPENDING ON SUBJECT	3 HOURS PER SUBJECT PER WEEK	VARIES DEPENDING ON SUBJECT	VARIES DEPENDING ON SUBJECT



ARMADALE ACADEMY ONLINE LEARNING

TUTORIAL SESSIONS TIMETABLE (S4-S6)



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	English N5 English N4 Maths Higher	Maths N5 (S4) Politics Higher Chemistry Higher	Art & Design N4/5 Business Man N4/5		English Higher Geography N4/5 Modern Studies N4/5	Business Man Higher Biology N5 Admin&IT N5/Higher	Geography Higher French N4/5 Art & Design Higher
TUE	Design & Man N4/5 Dance N4/N5 Practical Woodwork N4/N5	Chemistry N5 Biology Higher Media N5 Design and Man Higher	History Higher History N5 French Higher Computing N4/5 Practical Cookery N4/5		Modern Studies Higher Hairdressing Photography Higher Physics N5	Business Man N4/5 Graphics Higher Music Higher Music N5	Modern Studies N4/5 Computing Higher Spanish N4/5 Maths N5 (S5)
WED	French Higher Psychology Higher English N5 Enterprise and Employability	Spanish Higher Spanish N4/5 Dance N5 Politics Higher Maths N4	Maths Higher Graphics N4/5 PE N5 English N4		PE Higher Art & Design Higher Drama Higher French N4/5	Practical Cookery N4/5 Sport & Rec Mgmt N5 Referee Dev Award English Higher	Chemistry Higher Business Man Higher Music N5 Drama N4/5
THU	Biology N5 Music Higher	Physics Higher Modern Studies Higher Fashion&Textile N4/5 History N5 Design & Man N4/5	Prac Electronics N4/5 Art & Design N4/5 History Higher Graphics Higher		Computing Higher Geography N4/5 Media Higher Chemistry N5 Biology Higher	Psychology Higher Practical Metalworking N4/5 RMPS Maths N5 (S5)	Physics N5 Media N5 Design & Man Higher PE Higher
FRI	Travel & Tourism N5 Early Learning & Childcare N5 Photography Higher Graphics N4/5 Computing N4/5	Drama Higher History N4 Media Higher PE N4/5 Fashion&Textile N4/5 Geography Higher	Spanish Higher Physics Higher Admin & IT N5/Higher Maths N4 Chemistry N4 Maths N5 (S4)				

Please direct any queries to:
jack.mckay@westlothian.org.uk for S5/S6
emma.reid2@westlothian.org.uk for S4



ARMADALE ACADEMY ONLINE LEARNING GUIDANCE AND TUTORIAL TIMETABLE (ADVANCED HIGHER)

Below is a broad framework for all Advanced Higher students to follow during this second lockdown. Almost all of our Advanced Higher students will be preparing for holistic assessments. We are awaiting guidance from the SQA as to how this second lockdown will impact our ability to gather evidence to support SQA provisional grades. We are hopeful that attendance in school will resume as soon as possible and holistic assessments will be able to be conducted in school. Students have been engaging and working on Microsoft Teams all session and should be familiar with the platform.

Within Armadale Academy we deliver some Advanced Higher courses in school such as Maths, English, History, Physics, Music, French and Graphics. However, the other Advanced Higher courses are delivered through the West Lothian Academy, previously known as the Virtual Campus. Advanced Highers delivered through West Lothian Academy are Chemistry, Biology & Computing. Therefore, the online learning for each of these schools may vary as they are delivered by other West Lothian Secondary Schools. The West Lothian Academy Advanced Highers will liaise directly with the students in terms of posting work, explanations and assignments. In addition, I have signposted their drop-in sessions on the following page.

With regards to Armadale Academy delivered Advanced Highers, please find an outline of our online learning aspects below

- 1. Explanation:** Teachers will post content of around 1 hour per subject per week for Advanced Higher 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 2.5-3 hours per subject per week for Advanced Higher.
- 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 one or two 45 minute tutorials per subject per week 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. We recognise that, in a limited number of cases, there may be clashes in tutorial sessions. However, we expect students to attend at least one per week per subject
- 4. Assignment submission:** This will vary subject-to-subject but it is detailed on the following page

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

ADV HIGHER	EXPLANATION POSTED ON TEAMS	INDEPENDENT LEARNING	TUTORIAL SESSION	ASSIGNMENT SUBMISSION
	UP TO 1 HOUR PER WEEK	2.5-3 HOURS PER SUBJECT PER WEEK	ONE OR TWO 45 MIN SESSIONS PER WEEK	VARIES DEPENDING ON SUBJECT



ARMADALE ACADEMY ONLINE LEARNING

ADVANCED HIGHER OVERVIEW

Subject	Explanation	Independent Learning	Tutorial/Drop-in	Assignment
English	Up to 1 hour per week	Up to 3 hours per week	Thursday @ 1.15pm	Weekly
Maths	Up to 1.5 hours per week	Up to 3 hours per week	Monday @ 2.55pm Thursday @ 10am	Weekly
History	Up to 1 hour per week	Up to 3 hours per week	Wednesday @ 1.15pm	Fortnightly
Music	Up to 1 hour per week	Up to 3 hours per week	Wednesday @ 2.55pm	Fortnightly
Graphics	Up to 1 hour per week	Up to 3 hours per week	Tuesday @ 10.50am Thursday @ 2.05pm	Weekly
Physics	Up to 1 hour per week	Up to 3 hours per week	Monday @ 10.50am Thursday @ 2.05pm	Fortnightly
French	Up to 1 hour per week	Up to 3 hours per week	Tuesday @ 11.40am Friday @ 11.40am	Weekly
Biology (WLA)	Set by lead school	Up to 3 hours per week	Tuesday @ 12.20pm Thursday @ 12.50pm	Weekly
Chemistry (WLA)	Set by lead school	Up to 3 hours per week	Tuesday @ 1.55pm	Weekly
Computing (WLA)	Set by lead school	Up to 3 hours per week	Wednesday @ 7-9pm	Fortnightly



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.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.
