

Remote Learning School Day

The following timetable is in place from Mon 8 February and for the duration of remote learning.

We have become increasingly aware that students are spending too much time on screens and this is becoming detrimental to wellbeing. We are still keen that students continue to be challenged and make strong progress, however there needs to be a right balance. With this in mind we are moving to a new school day for all students, including the following;

- All lessons reduced to 50 minutes
- Longer break and lunch time to allow a better gap between screen usage (maybe take a walk or other exercise!)
- Teachers can allow small 5-10 minute breaks in double lessons
- Moving to the same school day for all students so that siblings/families can take the same lunch and break times together

The new school day will be as follows;

Start time	End time	Lesson
8.45	9.00	Base time (Year 7-11)
9.00	9.50	Period 1
9.50	10.40	Period 2
10.40	11.20	Break
11.20	12.10	Period 3
12.10	13.00	Period 4
13.00	14.00	Lunch
14.00	14.50	Period 5
14.50	15.05	Base time (Sixth Form only)

Please note that there may be some occasions where teachers have to ask students to complete additional work in small parts of break/lunch to meet exam board hours requirements, however this will be very rare and communicated clearly by the class teacher.

We hope that this change which will operate as long as the whole school is in remote learning will help to ensure an improved education/wellbeing balance.