

BELLAHOUSTON ACADEMY

Self isolation support



POSITIVE TEST OR CLOSE CONTACT ISOLATION

- 10 days isolation – keep yourself and others safe.
- Try to keep a routine – plan your day
- Be productive.
- Use Teams, GLOW and Satchel One to keep up with school work if you are well enough.
- Look after your physical, emotional and mental health.



Category	Process to follow	How you as a parent/guardian can support the learning	Who to contact if required
Self-Isolating with no symptoms whether positive or negative Covid19 test result.	<ul style="list-style-type: none"> Pupil to regularly check Show My Homework/ Microsoft Teams/Google Classroom as agreed with the class teacher. Pupils to complete any assigned work and uploaded by the allocated deadline for the class teacher to mark. 	<ul style="list-style-type: none"> Ensure you have your own details on Show My Homework. Make use of subject specific websites as guided by the subject teacher. Make use of support websites such as: <ul style="list-style-type: none"> ➤ https://www.bbc.co.uk/bitesize ➤ https://scholar.hw.ac.uk/ ➤ https://www.sqa.org.uk/ ➤ https://education.gov.scot/ 	<ul style="list-style-type: none"> For any technical issue with Show My Homework please contact Mr McDonald. For any curricular related questions, please contact Pastoral Care in the first instance who can then liaise with class teachers and feedback. The school contact number is 0141 582 0030. Please ask for the relevant Pastoral Care teacher according to your child's house group: <ul style="list-style-type: none"> ➤ Arran: Mr Atha ➤ Iona: Miss Kennedy ➤ Mull: Mr Ruiseil ➤ Skye: Mrs Rashid
Self-Isolating with symptoms and a negative Covid19 test result.	<ul style="list-style-type: none"> Follow the above process only if you have mild symptoms and want to keep up with the work being offered by the class teacher. No work is expected to be returned if symptoms do not allow. 		
Self-Isolating with symptoms and a positive Covid19 test result.	<ul style="list-style-type: none"> Follow the above process only if you have mild symptoms and want to keep up with the work being offered by the class teacher. No work is expected to be returned if symptoms do not allow. 		

WHAT IS IN YOUR CONTROL

Focus on these things

Your routine – get up at normal time

Your productivity – study for assessments, complete homework

How you treat family and friends – be kind

How you stick to the rules to protect others – stay home, self isolate

Look after you mental health – reach out to someone if you need support



Let go of these things

The circumstances you are dealt – worrying won't change anything

Assessment dates - you will get to sit it at a different time

How others act – you can't

Predicting what will happen – no one knows

YOUR DAILY ROUTINE

- Get up at usual time.
- Do not stay up too late.
- Get dressed – PJ's all day can be tempting.
- Have a study timetable – manage your time.
- Eat regular meals.
- Speak regularly to family and friends.
- Complete homework and assignments on time.
- [Tim Urban: Inside the mind of a master procrastinator | TED Talk](#)



SCHOOLWORK

- You may not be able to be in school, but if you are feeling well enough you can still keep up with the work of the class.
- Teams/Satchel One/Glow to keep up with class work.
- Email teacher if you are unsure of anything.
- Prepare for assessments.
- If you have an assessment during your isolation you will be given another chance to sit this. DO NOT PANIC!
- Stick to your study timetable.
- Plan regular breaks – this will keep you focussed and increase productivity during your study time.
- If you have a friend also isolating you could organise a Facetime study session.

USEFUL WEBSITES

- These are also listed on Bellahouston Academy website.
 - [Bellahouston Academy \(glowscotland.org.uk\)](http://glowscotland.org.uk)
 - [Digital learning from Comhairle Nan Eilean Siar | e-Sgoil](#)
 - [SCHOLAR \(hw.ac.uk\)](http://hw.ac.uk) (email Mrs Watt if you do not have log-in details)
 - [Higher - Scotland - BBC Bitesize](#)
 - [National 5 - Scotland - BBC Bitesize](#)
 - [National 4 - Scotland - BBC Bitesize](#)
 - [SQA - Understanding Standards: About this website](#)
 - [SQA - NQ - Past papers and marking instructions](#)

STUDY SKILLS

Mind Map

- A mind map is a way of connecting information together in such a way that you remember the links and therefore the information.
- Information is on 'branches' so you can add more information and save space.
- Colours - distinguish groups so you can remember them easily.
- Images can also be added to help you remember certain facts.



Summary Shapes

Step 1 – Read through your revision notes

Step 2 – Highlight key points

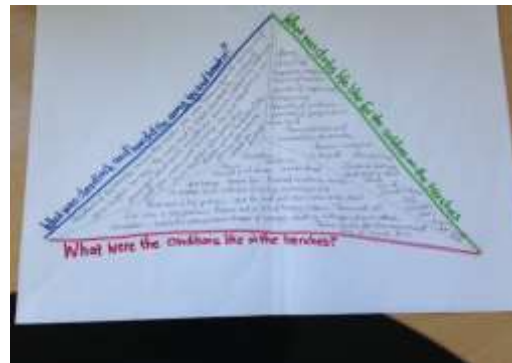
Step 3 – Draw a large triangle on your A3 paper

Step 4 write the main theme of your revision notes in the centre

Step 5 – Come up with 3 questions linked to the information that you just read

Step 6 – write these questions around the triangle

Step 7 fill in notes to answer these questions around the triangle



And...

- Revision Cards
- Highlighting key points
- Re-writing notes
- Past paper questions
- Marking own work using marking schemes
- Ask someone to test you.

LOOKING AFTER YOURSELF

- Eat Healthy
- Drink plenty of fluids – water and herbal tea are great choices.
- Limit screen time – so important.
- Reduce social media time.
- Do a daily home workout.
- Take time to do something you enjoy.
- Connect with friends – chat on the phone/facetime.
- Meditation/breathing exercises.
- Reach out to someone if you are struggling with your Mental Health – family, pupil support teacher.



USEFUL WEBSITES

- [Yoga For Beginners | 30 Minute Teens Yoga Class with Yoga Ed. | Ages 13-18 – YouTube](#)
- [Meditation and Sleep Made Simple – Headspace](#) (free trial)
- [Togetherall | A safe community to support your mental health, 24/7](#) (email Miss Dickman/PC McTaggart for a log in)
- [See, Hear, Respond Scotland | Barnardo's](#) (barnardos.org.uk)
- [Emotional Wellbeing | Barnardo's](#) (barnardos.org.uk)
- [Childline | Childline](#) (1-2-1 online chat now available until midnight)
- [SAMH is the Scottish Association for Mental Health | SAMH](#)

YOU GOT THIS... SEE YOU SOON!

