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**PGHS Senior Phase**

**Remote Learning Guide**

**PGHS BGE**

**Home Learning Guide**

**Self-care Hints and Tips:**

 Make time everyday to do something to relax e.g. here is a link to a relaxation video:

 

https://qrgo.page.link/GnXsS

Find something which helps you get distracted from negative or anxious thoughts e.g. a

 game of patience or mindful colouring. Find a book you enjoy and read for at least 6

 minutes a day.

 Make sure you drink enough water and eat regularly through the day including as

 much fruit and vegetables as you can into your diet.

 Listen to music which you find uplifting and make your own playlist to inspire you.

 Everyday try to get outside and enjoy nature. Move your body through exercise such

 as walking, running, dancing or cycling.

Give someone a hug or connect with other people on the phone. Give them a call to

 ask how they are rather than a quick text message, they will love to hear your voice.

 Have a good sleep routine, go to bed at the same time each night and set your alarm in

 the morning to make the most out of each day.

**Here are some tips to help establish routine whilst learning from home:**





**Glow Login**

1. Google Glow unify to find the login page:
2. Click the first link to take you to:
3. Fill in your username and password. Please contact your ICT teacher or Mrs Lyons if you need your password reset.
4. Once in Glow you will find most of the app’s you need in your launch pad. If not then you can search for them:

**Contact the school office - 01475 715200 if you require your Scholar login and password.**

SMHW – MS Teams – Email - Scholar -

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**How to log on to Glow through Xbox or a PlayStation**

**SMHW**

Please check SMHW on a daily basis to see the work you have been allocated **each** day by your class teachers.

The dashboard will have a list of tasks set for you each week:

The calendar on the left hand side will give you more detailed information of daily tasks:

**Interactive Help guide for MS Teams**



**MS Teams**

****Please check MS Teams daily to access your assignments and live lessons.

**Assignments** –

All of your allocated assignments can be found in the left panel.

Alternatively you can find them within each individual class team.



These are called Team meetings and a calendar of your scheduled lessons can be found in the left panel.

When it’s time for your lesson, click on the meeting and then press join.

Please remember to mute your microphone when entering a lesson.

Try to use a laptop or tablet as this allows you to use the chat function on a meeting, a mobile will not.

**Live Lessons** –

If you have any questions regarding MS Teams please contact Mrs Lyons ☺.

**Useful Websites**

Please find below a number of useful websites to support remote learning. There are links to free courses that you could complete to supplement your qualifications or support your chosen career path:

[www.alison.com](http://www.alison.com)

1000’s of free online courses from languages to childcare, sports science, psychology and much more.

[www.bbc.co.uk/skillswise](http://www.bbc.co.uk/skillswise)

A collection of free videos and downloadable worksheets to help learners improve their reading, writing and numeracy skills. Extra resources for developing job skills and interview techniques.

[www.firstaidforfree.com](http://www.firstaidforfree.com)

A range of First Aid and CPR online courses with printable certificates.

<https://yes.org.uk/programmes.php?pid=3>

Young Entreprise Scotland – Developing entreprise skills in young people.

**Websites to support your well-being, hobbies or interests**:

<https://www.bbc.co.uk/taster/>

**Taster** is the home of new ideas from the **BBC**. It’s a new way to deliver all the freshest ideas and experiments, from across the **BBC** straight to you.

<https://www.bbc.co.uk/food>

BBC food enables you to discover and try over 10, 000 fantastic recipes.

[www.thesmallbusinessgame.co.uk](http://www.thesmallbusinessgame.co.uk)

Learn how to run your own small business with this online game. Make decisions and see what the consequences are. Users will need to register using their email address and confirm this before logging into the game.

**HIIT workout and Yoga workout** for you to enjoy from the comfort of your own home, get your happy hormones going with exercise (there are lots of free exercise videos on the internet go and explore):

<https://bit.ly/3hXw0Cv> (HIIT) <https://bit.ly/3pU8oBB> (Yoga)