

HOME LEARNING GUIDANCE

FOR STUDENTS



Have a routine and stick to it. Try to stick to your normal lesson times if possible, speak with your personal tutor to discuss your timetable.

Complete the work that's set for you, submit on time and ask for help if you need it.

Take regular breaks away from your TV, computer and mobile phone.

Be safe online - don't share any passwords or personal information with anybody, ever.



Think about how you speak to your parents, teachers and others. Remember this is still a learning environment, keep communications professional, appropriate and respectful.

Stay in touch with your teacher and ask questions via your commonly used channels (such as Email, Microsoft Teams, the College App and Moodle).



Try to complete a mindfulness or exercise activity every day, we've got a list of tips, activities and exercises you can do here - <https://hlcollege.ac.uk/sites/StudentLaunchPad/SitePages/Mental-well-being-&-exercise.aspx> (Available from the Student Launch Pad)

If you are at risk of harm, then email studentsupport@hlcollege.ac.uk (if you are a Student at Hereford, Holme Lacy or Ludlow) or safe@hlnc.ac.uk (if you are a student at Oswestry or Walford).

FOR PARENTS



Take an interest - if you are enthusiastic then they are more likely to be too.

Expect work to be set and completed on a regular basis.

Establish a routine.

Encourage breaks away from a screen.

Monitor wellbeing and mental health as well as their learning.



Monitor online activity and use safety controls and privacy restrictions where appropriate.

Hereford and Holme Lacy

www.hlcollege.ac.uk
enquiries@hlcollege.ac.uk

Ludlow

www.ludlow-college.ac.uk
enquiries@hlcollege.ac.uk

Oswestry and Walford

www.nsc.ac.uk
info@nsc.ac.uk

For more information, contact the relevant campus using the details above.



Herefordshire,
Ludlow & North
Shropshire College