



## Wallace Hall Academy

### Home Learning – Senior Phase Frequently Asked Questions

**1. What do I do if don't understand the work set by teachers?**

*The best thing to do would be to post in the Team for that subject what your questions are. If you don't understand there may well be other people in the class that don't understand. If you don't feel comfortable posting a message in the Team then you could email your teacher through Glow.*

**2. I'm struggling to get motivated without being in class, what can I do?**

*Try to have a structure to your day that allows you to do some work while also doing other activities. We're looking for pupils to do roughly 2/3 hours work per day on school work, you could split this up any way you want over the course of the day and do other things in between.*

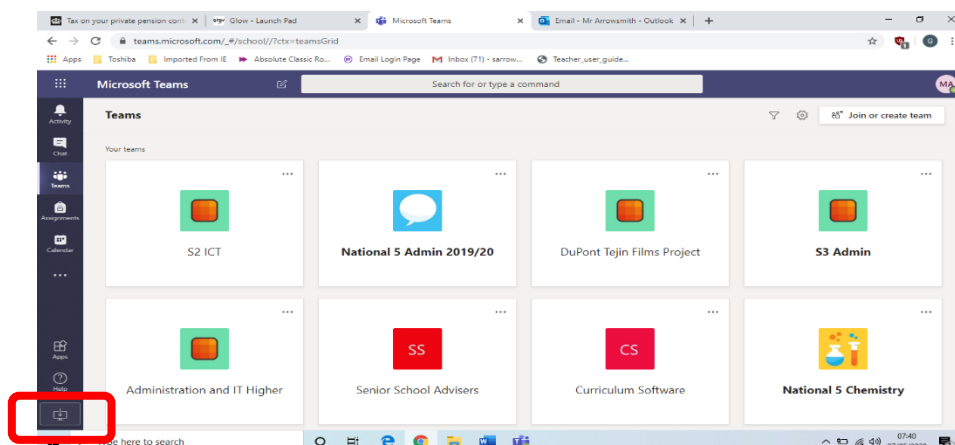
**3. There is too much work being set and I am trying but I can't meet all of the deadlines, what should I do?**

*Initially, send the teacher for that subject an email and explain that you are struggling. This is a new system for teachers too so it is useful for us to know how pupils are managing. If you're struggling across a range of subjects then perhaps email your Pupil Support PT who will be able to help you.*

**4. Sometimes my internet doesn't work very well, what should I do?**

*This is a common issue. If your internet is a bit inconsistent then try to email your teacher to explain. Alternatively, phone the school office and a message can be passed to your teacher. If internet issues persist we can provide study packs on USB sticks that wouldn't require internet to do the work assigned. However, for the best experience for both pupils and staff we would encourage you to use the online systems as much as possible.*

*Using the 'Teams App' rather than going in through Glow can also help. Screen below shows the button to download the App. If you have problems, email the school office ([gw08officewallace@ea.dumgal.sch.uk](mailto:gw08officewallace@ea.dumgal.sch.uk)) and a member of staff will get back to you.*



**5. I'm worried that I might fall behind class mates during the lockdown**

*There will be a period of adjustment for everyone in this situation and teachers are preparing for pupils to be at different stages when we return to normal schooling. The best thing you can do is try your best to do the work that is set and don't be scared to ask for help if you need it.*

**6. I'm worried that when we get back to school we won't have enough time to get through my courses?**

*The timetable is being changed so that Higher pupils will get 6 periods per week in their subjects. This means that there will be more than enough time to complete courses and teachers are preparing courses to ensure this happens. National 4/5 classes and Advanced Highers will remain the same but again teachers are aware of this and are reshaping their courses to ensure that you are not disadvantaged when your exams come round next year.*

**7. Why can't teachers do virtual lessons? That's the only way I can learn.**

*We have to take into account everyone's individual circumstances, including teachers. Some teachers may choose to provide interactive lessons, however, this is not possible for all due to a number of different factors. Please be assured that every member of staff is trying their best to provide the best learning materials for you under these difficult circumstances. Home learning is not the same as in-school learning and expectations on both pupils and staff are slightly different at these times.*

**8. I've lost all my passwords and don't know how to get on Glow/Teams etc?**

*Email the school email address on [gw08officewallace@ea.dumgal.sch.uk](mailto:gw08officewallace@ea.dumgal.sch.uk) and your password will be reset.*

**9. I'm feeling really stressed and anxious about life generally, what should I do about this?**

*Don't worry, it's normal to be feeling all over the place at the moment. Remember that this is a difficult time for everyone but that it will pass. Remember to be kind to yourself and to make sure you are looking after your mental health by doing simple things like getting fresh air and exercise every day and remembering that the foods you eat can affect your mood. Try to talk to someone at home or to your friends about how you are feeling. There are also lots of resources on the Health and Wellbeing tab (link below) of our website designed to support young people's mental health during this difficult time, take a look and try out some self help strategies or use the online support that agencies are offering. If you would like to contact your PT of Pupil Support, their email addresses are on the school website – follow this link <https://www.wallacehall.co.uk/health-wellbeing>*