



WHAT CAN YOU DO TO HELP?



- Ensure there is a study environment at home that allows students to make the most out of their time. Supervise them if necessary.
- Take their phones off them if required or encourage them to install an app blocker to their phone for their designated hours of study.
- Total study time outside of school should be approximately 2 hours per night Mon-Thurs, 3-4 hours at the weekend.
- Check that work has been completed during this time.
- Frequently check their level of organisation. Are books organised, are sheets stuck in the books or filed correctly in folders?
- Contact subject teachers/Head of Sixth Form if you are concerned no work is being recorded.
- Ensure students are sleeping and eating well.
- Discuss workload with students, are they managing and coping with any stresses?