

# SUPPORT YOUR CHILD'S HEALTH AND WELL BEING: YEAR 10

## Remote Learning

"I'm finding the workload difficult and having lots of deadlines for different subjects set at the same time. I do not know which topics or subjects are the most important."

(Year 10 pupil)

## Boredom setting in

When asked whether they had experienced boredom during lock down, Year 10 pupils showed the most concerning results compared to other year groups in Maesteg School.

## How do we work effectively at home?

"I have not completed any work during lock down. I find it really hard to concentrate at home and lack motivation without the support of the teacher. "

(Year 10 pupil)

## Maintain and promoting HWB at home

"I am worried about all the work I have missed. Will this have an impact on my exams next summer?"

(Year 10 pupil)

## Support and Guidance



**Remote learning and working at home effectively**

[https://youngminds.org.uk/media/3\\_515/young-minds-coping-with-school.pdf](https://youngminds.org.uk/media/3_515/young-minds-coping-with-school.pdf)

**Dealing with BORDOM**



<https://bit.ly/3ejnll6>

<https://bit.ly/2CgEaVY>

**Improving and Maintain your Health and well being**

<https://bit.ly/300VTJ8>

<https://bit.ly/3fnyVIM>

<https://bit.ly/38Vjtej>

