

Regents Park  
Community College  
Year 10 Catch Up



Mr Gates

# Year 10

- ▶ Hope you are all safe and well, It is a frustrating worrying time for all of us but hopefully we are soon going to be back to something far closer to normality.
- ▶ All staff from RPCC miss you all and are still here to support you in anyway we can.
- ▶ It is vital to carry on your studies from home and keep a routine to be efficient as we can. I understand how difficult this can be

Mr Gates



# Working From Home

- ▶ It is vital you are working from home to not fall behind in your studies. You have to remember you will be sitting your GCSE's this time next year.
- ▶ We are currently monitoring your work that is being completed and are beginning to have conversations with parents and students who are not completing this
- ▶ Make sure you are handing work in on GC when complete so we can provide feedback
- ▶ We are available to support on all your GC pages and you can contact us at school at any point
- ▶ There is paper packs available if you are struggling with ICT at home.
- ▶ If you need any support or paper work packs please send an email to [Info@regentspark.southampton.sch.uk](mailto:Info@regentspark.southampton.sch.uk). This is monitored and checked every day and we will be in contact ASAP to support.



# Routine Tips

- ▶ I have really struggled with going out of routine and it has affected my work output. Here are some tips I am using which have really supported me:
- ▶ Get to bed at a reasonable time and set an alarm to get myself up
- ▶ Make sure I have rest breaks to drink water and have a snack
- ▶ Still have 3 clear meals (breakfast, lunch and dinner)
- ▶ Have an area where I complete my work away from distractions
- ▶ Give myself time everyday to complete exercise (Walking, Running, Youtube Exercise Classes)
- ▶ Use down time as a reward for completing work (Netflix, PS4, TV). Do not try and complete work whilst doing these.
- ▶ Create a timetable, stick to it



# Final Thoughts

- ▶ We are all still working from home and are here to support. If you have any questions or would like to talk to anyone; please don't hesitate in contacting us. The message will be passed to the relevant staff.
- ▶ Email - [Info@regentspark.southampton.sch.uk](mailto:Info@regentspark.southampton.sch.uk)
- ▶ Phone - 02380 325444
- ▶ Hopefully see you all soon!!!

**#STAYHOME**  
**STAY SAFE, WE**  
**WILL SEE YOU**  
**SOON!**

#STAYHEALTHY #STAYPOSITIVE #STAYSAFE