



**Craigie High School**

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Dear Learner

We hope that you are keeping well and staying safe during this time. Many of you are working hard at home and trying to “keep up” with your school work and we are hearing from your teachers about how you are doing. Some teachers have told us that some pupils may be struggling to organise their learning at home and that this can lead to feelings of being overwhelmed. We are sending out this letter to you to assist you with this by giving some suggestions and advice.

If you are in S2/S3 we are suggesting that you spend around 2/3 hours per week on English and Maths and around 1 hour per week on your other subjects. If you are in the Senior Phase (S4-S6) we are suggesting that you spend around 3 or 4 hours per week completing learning tasks per subject, depending on the number of subjects you are taking. All pupils should also try to exercise at least once a day and where possible should try to get outdoors as your circumstances allow.

Tasks and assignments are being issued to learners through Glow on Teams and there is also a Craigie Learning at Home Website. A lot of information is also being posted by the school and subject departments through Twitter. If you are looking for any additional work to complete you should contact your teachers using Glow mail in the first instance.

Additionally there is a huge amount of work online on websites such as Bitesize and Education Scotland and learning programmes on BBC using the red button. You may also enjoy watching films, documentaries, the news and YouTube videos or you can read books, magazines or newspapers. You may want to think about any lifeskills that you are learning during this time eg preparing a meal, shopping on a budget, caring for a relative. You could also keep a diary or journal during this time, or write an imaginary story, or a newspaper report with a focus on the current events.

During these difficult times it is important to balance your school work with other responsibilities, interests and opportunities that you may have. You should also try to not be overwhelmed by the amount of work that is being issued, and think about how you might “chunk” the different learning tasks. You might find it helpful to make up a timetable of what you are planning to do over a day or week, or keep a list of what has been issued and for when, so you can prioritise which tasks to complete first. You should also consider when to take a break. We have included some sample timetables to support you with this, which you can adapt to suit what will work for your circumstances.

The priority at this time is to maintain your health and well-being, including your mental health. If you are struggling to keep up with tasks or worrying about completing assignments by a certain

deadline, please know that your teachers will be understanding about this and you won't be "in trouble". It may be that you need to take a break from particular tasks or subjects and come back to them at a later time. Try to communicate with your teachers if you can, and remember that you can contact your Guidance Teacher by email.

Please know that we are missing you all and looking forward to a time when we will see you again. Take care and keep safe.

Kind regards

Clair Thomson  
Depute Head Teacher

#### Sample S2 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
1	English	English	English	Maths	Maths
2	PSHE	Science	Maths	Mod Lang	Computing
3	Business	Mod Studs	History	Geography	RME
4	Art	Drama	Music	Tech	Home Ec
5	PE/ Exercise	PE/ Exercise	PE/ Exercise	PE/ Exercise	PE/ Exercise

#### Sample S4 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
1	English	English	English	English	Maths
2	Maths	Maths	Maths	Subject 1	Subject 2
3	Subject 1	Subject 2	Subject 1	Subject 2	Subject 3
4	Subject 3	Subject 3	Subject 4	Subject 4	Subject 4
5	Core	Core	Core	Core	Core

Core subjects are PE, RME and PSHE.

## Blank Timetable – create your own

	Monday	Tuesday	Wednesday	Thursday	Friday
1					
2					
3					
4					
5					

Useful Links:

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Twinkl

<https://www.twinkl.co.uk>

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

Social Education websites:

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.cool2talk.org](http://www.cool2talk.org)

[www.talktofrank.com](http://www.talktofrank.com)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

Pupils can log on and register- materials online

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of cool educational videos

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

Paw Print Badges

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

Respect ▪ Equality ▪ Responsibility ▪ Determination ▪ Honesty