

Asynchronous Afternoons: A brief guide for parents.

The challenges of Remote Learning will have affected students and parents in different ways; as we get stuck into Phase 2 we are now starting to broaden the opportunities and are excited to announce more detail around our afternoon activity provision. Please note that the online Clubs and Societies listed at the end of this document, will start in full, from Monday 27th April.

Asynchronous Afternoons are an opportunity and a space for students to engage meaningfully in a range of activities, many of which they will drive or lead themselves, at their own pace and in their own time. Our expectation is that provision will grow and adapt in the weeks ahead: it will develop iteratively over time.

Consuming a balanced diet:

We are encouraging students to take part in a balanced diet of activities in an afternoon; a '5 a day'. This 5 day is not obligatory, but we all know that balance is beneficial. The focus is 'what have I learnt' rather than 'what has been taught to me'. Students might not have all of the 5 every day, but should certainly have a number in any one afternoon.

The 5 a day for Phase 2:

- **Independent Learning and Remote Discussions:** Many of those will be signposted by Teachers during online lessons, and these discussions and content will often also take place within class or subject teams. This content will not be published outside of the school network but students will be able to access this on their own terms.
- **Extension Activities:** This is likely to be student driven, by accessing some of the excellent resources in the public domain, on the BBC or other learning platforms.
- **Personal Wellbeing:** Key ideas include being in contact with friends and families, doing things you enjoy, having routine, creating spaces that feel comfortable to work and relax in were possible and taking regular breaks from social media and screen time. This is student led, perhaps with parental oversight and students can post video's of their most successful responses to the **Personal Wellbeing** channel in Teams.
- **Physical Wellbeing:** The PE department will continue to post a range of challenges to the **Reading School Sport You Tube Channel** but we would suggest that all students are taking part in a minimum of 30 minutes of activity a day, whatever its nature.
- **Clubs and Societies:** Many clubs have already started, and more will follow; taking place weekly, online, at specific times. Updates in the **Clubs and Societies** Team channel, accessed by any student, using the code **xyeqey2**.

Age and Stage guidelines for students:

- No students should need to be online all afternoon
- All students should complete at least 30 minutes of physical activity or exercise on a daily basis, outdoors where possible.
- All students should be doing an activity that they enjoy of an afternoon, on a regular basis.
- Afternoons should finish at 3.25 on a daily basis.

Students in **Years 7&8** should be aiming to complete around one hour of Independent Learning or Extension work per afternoon and a range of personal and physical wellbeing activities and other activities on a daily basis.

Students in **Year 9&10** should be aiming to complete between one and two hours of Independent Learning or Extension work per afternoon with the rest of the time comprising contributing to clubs and societies and taking part in personal and physical wellbeing activities.

Students in **Year 11& 12** should drive their own learning but should also be collaborating with peers and taking part in range of extension and discussion groups based on their studies. In addition, we would hope that the majority of Year 12 students will be involved in leading or serving in some meaningful way, whether supporting the running of a club or mentoring through structures put in place by academic Departments.