**The importance of studying at home**



Being organised and in a routine is important for our health and mental wellbeing. For young people such as yourselves that just means keeping safe and well. While it would be easy to just sit and watch TV while off school because of the virus that is making people ill it is important for you to continue to keep a good study routine and here are some reasons why.

* Keeping in routine by studying at home will help you ease back into the regular routine of school when your school opens again.
* It will help to keep your mind active and therefore it will be much easier to return and begin classwork.
* It is important to have a consistency between working in school and at home to allow you to move from one to the other during this challenging time.
* Always submit your work on time so that your teachers can keep up to date with where you are at in your studies.
* Work completed at home is a good record for teachers to see what you are doing and capable of especially when you return to the classroom.
* You do not want to fall behind in your school work so by working at home you give yourself a better chance of keeping up with your curriculum.