

How to support home learning

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- › **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
 - › **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too
 - › **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work
 - › **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing
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Keep to a timetable wherever possible

- › **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
 - › **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
 - › **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
 - › If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
 - › **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
 - › **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
 - › **Distinguish between weekdays and weekends**, to separate school life and home life
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Make time for exercise and breaks throughout the day

- › **Start each morning with a [PE lesson](#)** at 9am with Joe Wicks
 - › If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
 - › Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended
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Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going
 - There are a lot of great **suggestions available online** and you should be able to find an activity which suits your child.
 - Get your children to **write postcards** to their grandparents or to pen pals
 - **Give them chores** to do so they feel more responsible about the daily routine at home
 - Ask them to **help you cook** and bake
 - Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits
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Home-learning timetables

If possible your child should **log onto their school email** in the morning at 9am. Teachers should be emailing through work for the lessons during that day.

Students need to work through the work set making sure that they have **breaks during the day** and spend time away from the computer. If students have limited access to the computer / do not have computer access they should complete work in their book / on paper.

It is important to **create a timetable / schedule which suits your particular situation** and this may be different for individual pupils / families.

A reminder of the information regarding individual year groups-

For Years 7 to 9 we will be covering the topics you need to build up knowledge and skills for later years. In Year 9 English, Maths and Science you are working on GCSE material.

Year 10- students will need to work hardest of all as you are working on GCSE topics all the time. You (Y10) have been sent mock exam papers to do at home; if you can, try to do them in the time allowed. The idea here is that you get some experience of the paper, style of question and how to answer. I have asked your teachers to prepare model answers for after the Easter Holiday for you to mark yourselves.

Year 11- We will be setting work to make sure you complete the learning in your GCSE courses. If you have coursework which you can do from home, do it and make it as good as possible. We are also looking at resources which would be useful for you to prepare for your courses next year. Please do NOT throw away any of your files, books, mock exam papers or assessments because we will probably need them

If you need to contact the school

You or your child can contact your individual teacher with problems or questions about the work. Your Child's tutor will also be in contact with your child on a regular basis.

Your mental health along with that of your child is very important at this time. The following websites provide information which you may find useful at this time.

See guidance on supporting your mental health and that of your children:

- [Coronavirus and your wellbeing](#) – Mind.org
- [Supporting young people's mental health during this period](#) – Anna Freud Centre