

Tips for Remote-Learning

1. Establish routines and expectations

It is important to develop good habits from the start. Create a flexible routine and talk about how it's working over time. Use the timetable provided to help structure your day. Help children get up, get dressed and ready to learn at a reasonable time! Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in (However, a 'duvet day' now and then can be a treat).

2. Choose a good place to learn

Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities if possible, trying to keep it as quiet and distraction free as possible. Make sure an adult monitors online learning.

3. Stay in touch

Teachers will mainly be communicating regularly through our online platforms. Make sure if you have concerns or need help you let the class teacher know.

4. Help students 'own' their learning

Provide support and encouragement, and expect your children to do their part when working. Struggling is allowed and encouraged!

6. Establish times for quiet and reflection

For families with children of different ages, and parents who may also be unexpectedly working from home more often, it's good to build in some time for peace and quiet. Siblings may need to work in different rooms to avoid distraction.

7. Encourage physical activity and exercise

Living and working at home, we will all need some room to let off steam. Moving (independently and together as a family) is vital to health, wellbeing, and readiness for learning.

8. Connect safely with friends, and be kind

The initial excitement of school being closed will fade quickly when students start missing their friends, classmates, and teachers. Help your children maintain contact with friends through social media and other online technologies. But monitor your child's social media use. Remind your child to be polite, respectful and appropriate in their communications.

Adapted from: <https://www.acs-schools.com/parents-guide-distance-learning>

Other websites:

<https://youngminds.org.uk/blog/a-parents-tips-for-home-schooling/>

<https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19>