

Dear parents/guardians

I hope that you are well and that the first few days of remote learning have been successful. I'm sure you've managed to get into a good routine already.

Judging by the emails flying between teachers, everyone has been working hard to make the most of Google Classroom. It's been great to see the work that students have produced already this week.

I hope that the following factsheet will be helpful.

Look after yourselves.

Martin Jones

Head of School



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 two 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. Many children will find it useful to roughly stick to their usual school timetable.
 - **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 one 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](#)** with Joe Wicks (I must confess that I haven't tried this myself (yet) but it's all over social media and teachers across the country are raving about it!). It's designed for primary and secondary school children.
 - 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

- 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 (and please refer to our online safety tips recently emailed and available on the website)

Source: The Key for School Leaders

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