



A Parent Guide to Home Learning whilst your child/children are self-isolating



These are unprecedented times, with a great deal of change to our daily routines, as well as having to absorb a lot of new information. Please be assured that you are not expected to become teachers and your children are not expected to learn as they do in school. Their health, happiness and wellbeing is of the greatest importance to us and, like yourselves, we prioritise this above anything else.

We will be sending home learning tasks and projects to provide structure to the day for your children whilst they are self-isolating. In addition, we have also created a library of fun and educational website links for you and your children to explore. Be realistic about what you can do - simply providing your children with some structure at home will help them adapt in these changeable times.

Where to start



We recommend you create and stick to a routine if you can. This is what children are used to at school. For example, eat breakfast at the same time and make sure they're dressed before starting school tasks - avoid staying in pyjamas, as tempting as this may be!

Involve your children in setting the timetable where possible. It's a great opportunity for the older children to manage their own time better and it will give them ownership, preparing them for the transition to secondary school.

Check in with your children and try to keep to the timetable, but be flexible. If an activity/task is going well or they want more time, let it be extended where possible. If they are finding tasks hard and are unable to understand with the necessary resources provided and suggested, leave it and move on. Remember, we know that you are not teachers and your children may not respond to you in the same way as they would a teacher.

Designate a working space if possible; a shared space is a good idea to be able to monitor the activity. At the end of the day have a clear cut-off to signal school time is over.

Remember to take breaks throughout the day and take time to exercise.

You could start each morning with PE. Try the link below as it has some great activities for your children to get active.

<https://www.weareteachers.com/virtual-pe-classes/>



Being online

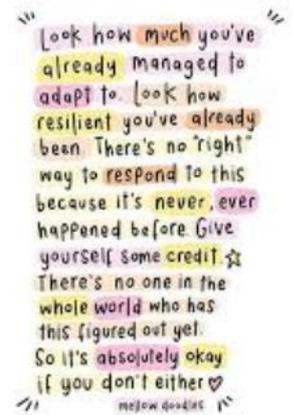
Children will probably want to be watching more TV and spending more time on their electronic devices during this time. We suggest you do set some screen time limits and remind them about being safe online. The website Thinkuknow: <https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets/> has lots of advice to help you do this.



It is important to monitor their online activity and encourage them to stay polite and to not share negative comments. Although they are not at school, the same level of online behaviour and conduct should be expected.

Looking After Our Mental Health

During this period of home learning, children will be missing their friends and school routines. Keep talking to each other and encourage them to talk about their feelings. Although learning from home might be fun to start with, missing their friends will take its toll eventually. To support you with this we suggest that you use some of these digital books that are available online:



The Children's Coronavirus Guide issued by the Children's Commissioner which can be found using the link:

<https://www.childrenscommissioner.gov.uk/report/childrens-guide-to-coronavirus/>

Coronavirus - A book For Children, illustrated by the Gruffalo author Alex Scheffler.

You can find out more by visiting Nosy Crow website:

<https://nosycrow.com/blog/coronavirus-a-book-for-children-shortlisted-for-the-2020-futurebook-awards/>

You can contact your child's class teacher through Tapestry or Dojo if you have any further questions or concerns.

Remember to get your children to check out our amazing learning library full of a wide range of educational websites to support and inspire them in their learning.