

TIPS TO SUPPORT YOUR CHILD'S REMOTE LEARNING



Establish routines and expectations:

- Start times, breaks and lunch at school are at clear times. Help your child to be on time.
- Trying to maintain this routine can help maintain a positive work ethic.
- Get them changed out of pyjamas!

Reduce screen time as much as you can.

- Students' live lessons should last no longer than 20 minutes.
- The rest of the session is for independent work.
- They should do this away from the screen.
- If screens are shared with family members, arrange ahead of time when it will be used.

Dear super parents,

We know you are juggling a million things right now on top of supporting your child's remote learning.

We applaud you and will continue to do our best to support your child's education for as long as it takes.

Here are some top tips for you to consider when helping your child engage with their learning from home (although we're pretty sure you're nailing this already!)

**All the best,
Your child's teachers**

Exercise.

- Encourage them to do something active once a day. Run around the block, star jumps in the landing, Joe Wicks - anything!
- Watch out for the #weeklyworkout challenges from the PE department!
- This can really help anxiety, which is completely normal whilst working from home.

Identify a clear physical space in which to work.

This will make it easier to focus on learning, without other distractions.

Working on a bed or other unsuitable places will adversely affect physical health over time.

3 things you can check for your child:

1. Check their DPR work submission
2. Quiz them using their knowledge map for any subject
3. Ask them to explain to you what they learned that day and link it to a key objective on their DPR.