



Helping Parents and Children with Home Learning

Message from Miss Talbot

Tips for Helping Children Through the Uncertainty of School Closure

Being at home for an open ended period of time is likely to present challenges to both children and parents. With so much uncertainty ahead it is important to remain happy, healthy and occupied. To that end, we have put together the information below to help you navigate your way through the next few months. We will be developing content on the school website on a regular basis so keep checking in for updates.

Set sensible
and realistic
expectations
for each day

There is no expectation for parents to provide full time 'home schooling' for their child – this situation is about distance learning at best. We understand that many parents will be working from home and will be juggling their own jobs alongside managing their children. It is important that the children have set goals for the day to keep them busy but make sure these are realistic. Try to reduce stress by having some flexibility.

Routines and
structures are
important...

Having a routine and structure to the week helps children to feel secure in times of uncertain times and involving them in creating this structure, perhaps with a visual timetable, can be particularly helpful.

Think of times each week when your child can read, practise spellings and phonics, use Mathematics and times tables practice and engage with their 'Unexpected Learning Adventures'. Don't devote every minute of the day to academic work and have some flexibility. Parents aren't teachers and it is important to also spend time enjoying shared practical activities such as games and providing reassurance.

Everyone knows that exercise improves physical health. But perhaps what is less known is the impact it can have on our mental health – this is especially true for children. Try to build in at least 60 minutes of physical activity each week, reduce the time children spend sitting or lying down and break up long periods of not moving with some form of activity, such as walking. Dancing can also help children keep active—create music playlists that children can move to or follow a routine by online body coach Joe Wicks. Watch out for suggestions on the school website.

...so is
exercise
and
activity



Make time
for play and
practical
activities

Play is fundamental to the wellbeing and development of children of all ages and a great way to reduce stress in adults.

Focused activities such as puzzles or building with Lego kits can help keep children occupied whilst arts and crafts activities will help them to stay creative.


Engage in activities as a family such as playing board games, baking together or playing in the garden.

Younger children learn best through play activities. Talking together is essential to help develop speaking and listening skills .

Children will undoubtedly miss their classmates and crave the social aspect provided by the classroom. Use technology sensibly to help with this and remember to supervise social media use in older children in order to ensure that conversations are appropriate and friendly.

Setting up playdates via Skype or Zoom can help while children are in isolation. Encourage children to phone family and friends or write letters.

The school will be looking at ways in which we can keep in touch as a school community and will let parents know how they can get involved in this.



Keep in
touch with
friends and
family



Make use of
online
materials and
resources ...


There are going to be many, many online resources available for children and parents in the coming weeks. We will put a selection of links onto the school website to point everyone in the right direction.

The National Literacy Trust has launched an online zone for parents looking for ideas and activities and the BBC has announced it will be providing more educational programmes as well as a new iPlayer experience for children.

Keep your eye on the website for further information.

Try to limit the amount of screen time that your child has each day. Look at mixing up the day with time away from the TV, game console, smart phone, iPad and laptop in order to provide a healthy balance to the day—screen time can easily add up!

Try to avoid the children accessing rolling news. There is likely to be an increase in alarming headlines which children might find distressing. Talk about what is happening in the news in a child friendly way that provides the reassurance needed.



...but avoid
too much
screen time

Keeping children mentally fit and healthy during this time is just as important as developing their learning. Try to get a good balance of activity across your week, set routines but be flexible to reduce stress for all. Use this as a great opportunity for more quality family time.