

Guidance for learning at home

We have put together this guidance to support our families with learning at home. We want to help everyone to understand our school expectations and to also provide you with information about ways you can support your children in staying physically and mentally well during any further periods of isolation.

Home learning plans

Even if children cannot attend school, we want to make sure that they continue learning the same curriculum that they would have had access to in the classroom. Teachers have created weekly home learning plans so that you know how much work we expect children to do, how long they should spend on each task, and how work can be submitted.

These weekly home learning plans contain a mixture of both online and offline tasks.



Daily tasks

The first of the daily tasks listed on your child's home learning plan, is to **use the specific online programmes listed (e.g. Mathletics, Reading Eggs)**. We specify these websites because we know that they are very safe and they allow class teachers to set personalised activities and assignments for children. These websites also have a wide range of game-based activities to choose from which are also tailored to your child's ability. As stated on each weekly home learning plan, please ensure your child spends an hour of learning time per day on the websites listed. Your child's class teacher is able to see how they are progressing through the website activities and to set further tasks.

Our expected daily tasks also include **reading a book, undertaking some physical exercise and having a conversation about how learning is going with someone at home.**

Weekly tasks

As well as the daily tasks, there are ten weekly learning activities provided in the grid at the bottom of each home learning plan. These tasks cover all of the different subjects that children would normally be working on in school. Please choose **two of these tasks per day** to complete so that all tasks in the grid are **completed by the end of the week.**

We encourage you to update your child's class teacher as often as possible by sending images of your child's work or a written update on how they are getting on via email. The teacher can then look over the work and respond directly to you and your child. If it is not possible for you to send this information via email, please keep any work that your child completes and send it with them to school once the period of isolation has come to an end. Teachers will then look at children's work and give them feedback.

If you experience any technical issues whilst children are learning at home, please let your child's class teacher know as soon as possible so that we can try to get these issues sorted out for you.

We understand that you may not have access to the internet or devices needed to complete the online activities. We have included some tasks that do not require the internet for this reason. If you do not have online access, and your child is isolating, we would encourage you to contact our school office via phone as soon as possible so that we can then arrange printed work packs.

Supporting peer interactions

In the case of a class or school closure where all children are required to isolate, we will set up staff supervised 'playtimes' for children on Zoom to allow children to still have contact with their peers. This will give children chance to share their learning but also to chat about how they are feeling and to see their friends.

Establishing 'balanced' home learning routines

We understand that there may be more distractions at home than in a classroom. It is important that children maintain a balanced routine and continue learning, but it is also important that they have some time to relax.

Tips to help get children into a good home learning routine:

- Support children in taking regular breaks from their schoolwork (e.g. every hour, take a ten-minute break).
- Help them to make a plan for their school day and stick to it if you can – don't worry if you stray off path though!
- Set some small goals for the day.
- Reward children when they finish a task or reach a goal e.g. have a healthy snack, play a favourite game or watch a favourite TV show.
- Keep a school routine – children could start and finish at a certain time every day and take their lunch and breaktimes at the same times as they would at school.
- Avoid background distractions when children are working, e.g. the TV being on in the background.
- Help children to keep in touch with other people outside of the house - even if it has to be online or on the phone.
- Contact your child's class teacher if they are struggling with their schoolwork.

How to stay well together

It is important to make sure that we all look after our physical and mental health.

To avoid any unnecessary aches and pains, children should sit at a table or desk when working, ensuring their back is supported, rather than laying on their bed or the sofa.

If your child ever feels unwell or unable to complete the work set, you should let their class teacher know as soon as possible, ideally before the start of the school day.



To support children's wellbeing further you could try some of the additional ideas below:

- Trying out something brand new together – you could try making a new recipe or a craft or try out a new game that they have been wanting to have a go on.
- Practising breathing techniques together – the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Developing a skill together – baking, painting, drawing, riding a bike, yoga, singing, playing an instrument, learning a language etc.
- Making sure you relax together – watching a favourite TV show, walking outside, reading for fun, massage etc.
- Exercising regularly through the day.
- Eating and drinking healthily and getting 3 balanced meals per day.
- Keeping bedrooms and workspaces tidy and ordered.
- Ensuring children don't watch or hear the news too often.
- Letting children talk if they have any worries or concerns –

<https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>

[Childline has a website called 'Toolbox', where you can find games, videos and methods to help children with their worries. There is even a 'Calm zone' for helping them to let go of their worries. All of this can be found here:](https://www.childline.org.uk/toolbox/)

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