|  |
| --- |
| PARENT FACTSHEET |

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 2 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

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
* **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 1 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**

Make time for exercise and breaks throughout the day

* **Start each morning with a** [PE lesson](https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl) at 9am with Joe Wicks
* 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)

Other activities to keep children engaged throughout the day

* **Where you have more freedom in the timetable, make time for other activities**. Add some creative time or watch a dance video from [Go Noodle](https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw) to get the heart-rate going
* For younger children, ask **grandparents to listen to your children read** on FaceTime
* **Give them jobs around the house** to do so they feel more responsible about the daily routine at home
* Ask them to **help you cook**
* 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

If you need to contact the school

Telephone 0191 258 8340

See guidance on supporting your mental health and that of your children:

* [Coronavirus and your wellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing) – Mind.org
* [Supporting young people’s mental health during this period](https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/) – Anna Freud Centre