



# REMOTE LEARNING HINTS AND TIPS

**FOR PARENTS!**

## Establish a daily routine

Ensure your child is waking up, getting dressed and having breakfast at the same time every day, this can help them settle into their schedule. Get all equipment including the day's books ready first thing!

## Begin and end the day by checking-in

In the morning, you might ask:

- What classes/subjects do you have today?
- Do you have any assessments?
- How will you spend your time?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning task today?
- What did you discover? What did you find challenging?
- What could we do to make tomorrow better?
- Can you show me what you have completed today?

These brief grounding conversations matter, they show you are interested in your child's education and they give encouragement and the support they need to continue with their engagement with lessons.

## Communication with school

If you have any questions about your child's learning, feel they need additional support or anything else you would like to know - then please email your child's teacher or House Manager. Just keep in mind they may take a couple of days to reply as they are busy doing remote lessons at home and may even be home schooling themselves!

## Workspace

Establish a workplace - whether it's a desk in their bedroom, the dining room table or another quiet spot. Try and get them to avoid sitting in their bed, as their brain associates their bed with sleep and we don't want them drifting off during the school day!

## Is my child engaging in their lessons?

Are all of their distractions such as phones, music and play stations away or tuned off?

All remote lessons are happening at the same as your child's normal timetable and no lesson is cancelled!

No news from teachers or school about their attendance is a good thing!

Have you physically seen your child's work? Ask them to show you their completed work from the day and ask them to explain it.

## Enjoy the time together

If you are at home during this time then try and make the most of this unique time in history. Try and make the most of it and do things together, maybe go for a walk, or a bike ride, do a jigsaw or cook together - just enjoy spending time together!

## Wellbeing of your child

Their work and learning is important but time away for themselves and for their mental health is equally as important, we need to try and avoid "digital overload" in our new online learning environment! They need to follow their timetable and still have a break and lunch time. Encourage your son/daughter to leave their workspace during these breaks and to do something they enjoy. They could maybe catch up with friends in a group call, do some exercise, have fun in the kitchen cooking or baking or get lost in a good book!