



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](#) 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).

Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended.

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](#) to get the heart-rate going.

Get your children to **write postcards** to their grandparents or to pen pals.

Ask **grandparents or other family members to listen to your children read** on FaceTime (or ask grandparents to read to younger children).

Give them chores to do so they feel more responsible about the daily routine at home.

Ask them to **help you cook** and bake.

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. Please remind your child of the importance of staying safe online and monitor the websites and apps they are accessing.

Examples of home-learning timetables

Timetables to support home learning are posted on our Google classrooms. [Five Minute Mum](#) also has a timetable that includes lots of activities for younger children.

Google Classroom help and support

Once you are logged in to your classroom you can get lots of help and support online <https://support.google.com/edu/classroom/?hl=en#topic=6020277>

If you need to contact the school

We want to make sure that we are doing everything we can to support you during these challenging times. If you need to contact the school, please use the contact details below. We will re-open as soon as we can and will let you know when this is via the School's text messaging service.

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