



Home learning Tips for Parents

- **Create an effective work space.** Make an area for learning that is light, with plenty of space for exercise books and stationary. If possible, print work off to avoid too much screen time.
- **Create an achievable timetable.** Create a plan together, that you both agree with, using his normal timetable as a guide. Don't forget regular breaks as well as building in activities such as outside exercise, phone time and chores around the house.
- **Be realistic.** The work that teachers are setting are to the school's timetable. This may be overwhelming at first and trying to do 6 x lessons of 50 minutes may not be realistic. If students are getting stuck on a topic, ask for help and move on to another subject.
- **Do not be too hard on yourself.** This is a unique experience for your children, yourselves and us, as a school. Remember, you are not expected to be a teacher.
- **Create a balance.** It is vitally important that there is a balance at home, including eating healthily, exercise and good sleep. If your child is getting stressed, let them relax, for everyone's good mental health. This is not an easy time for anyone and there needs to be a focus on keeping happy and positive.
- **Prioritise core subjects.** Try to encourage students to complete English, Maths and Science as a priority to minimise the gap when they return to school.
- **Encourage hobbies.** This is a good time for students to discover a new hobby or build on one they may have neglected. It could be cooking, playing an instrument, building lego or drawing. Not only are these enjoyable activities that shouldn't need much encouragement from you, but they will also be therapeutic at this stressful time.
- **Ask for help.** If you are struggling with accessing any resources or finding things stressful, please contact us, we can offer help and support or strategies. You are not alone.