



Dear Parents and Carers

Thank you for all for your continued support over the past week. I am sure, like so many of us, you are feeling exhausted and may well have concerns regarding the next half term, especially if you find yourselves trying to work from home while facilitating home learning. We understand that this is not an easy task, so we have put together a few tips, which we hope will help.

<p>Establish a daily routine</p>	<ul style="list-style-type: none"> <li>• Wake-up, get dressed and eat breakfast at the same time each day.</li> <li>• Look at the weekly timetable posted on Google Classroom and talk through lessons/activities for the day.</li> <li>• Decide what will work best e.g. in which order to complete the lessons/activities.</li> <li>• Prioritise 'live' lessons and ensure they are accessed at the set time.</li> <li>• Start and finish at a similar time each day - follow the suggested times posted on Google Classroom.</li> </ul>
<p>Create a learning workspace</p>	<ul style="list-style-type: none"> <li>• Where possible, have a space dedicated for learning e.g. a desk in your bedroom, the dining room table or another quiet space.</li> <li>• Tidy away school things at the end of learning time and store them somewhere out of the way.</li> <li>• Where possible, have a place to keep school things so they are easy to access the next day.</li> <li>• Ensure TV and social media are not accessed during dedicated learning time.</li> </ul>
<p>Duration and timings</p>	<ul style="list-style-type: none"> <li>• Look at the suggested times for lessons/activities on the weekly timetable posted on Google Classroom for each year group.</li> <li>• Try not to spend too much longer than the suggested time for completing tasks.</li> <li>• Rotate activities as this is really important for the brain and will help to keep children engaged.</li> </ul>
<p>Establish times for quiet and reflection and take regular breaks</p>	<ul style="list-style-type: none"> <li>• Build in some time daily for peace and quiet.</li> <li>• Try to avoid 'digital overload' in our new online learning environment and take regular brain breaks.</li> <li>• Spend time outside and with those in your household.</li> <li>• Listen to music, read, yoga, meditate or draw clear your mind before resuming work.</li> </ul>



<p>Be responsive to what is appropriate and helpful for you and your child</p>	<ul style="list-style-type: none"> <li>• Focus on encouragement e.g. <i>you worked really hard on that, you are trying your best, I like the way you solved that problem, you can do it, I am proud of you, you are getting better at...etc.</i></li> <li>• Ask your child to explain something they have done that they feel proud of. This will help to build confidence and help to create a positive learning relationship with you - ask questions and be interested.</li> </ul>
<p>What to do if your child gets stuck or finds something difficult</p>	<ul style="list-style-type: none"> <li>• Make time to discuss the difficulties. You could ask questions like this to help work through them: <ul style="list-style-type: none"> <li>○ Can you explain to me what you did before you got stuck?</li> <li>○ Can you explain what the challenge is?</li> <li>○ If you could do it, what would you do next?</li> <li>○ What would your teacher/friends say if they were here? How would they help?</li> <li>○ What questions do you want to ask them?</li> </ul> </li> <li>• Encourage contact with friends as peer support is an important part of learning. Perhaps schedule a time in the day/week that works for everyone.</li> </ul>
<p>Dealing with anxiety</p>	<p>Some children may be feeling anxious during this time and these feelings should try to be addressed before they impact on home learning.</p> <ul style="list-style-type: none"> <li>• Try and find time to talk about how they are feeling and decide with them what would make them feel better.</li> <li>• Start the day with something they enjoy doing rather than sticking to the timetable. Revisit the timetable when you can.</li> <li>• Let them play - play is often the way that children make sense of things they find hard to understand. Having time to play will also help to support children's mental health and wellbeing.</li> </ul> <p>This below link has further advice and links to support your child</p> <p><a href="https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf">https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf</a></p>

If you need any further support or advice, please contact the class teacher in the first instance.

Stay safe and well



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