

A Parental Guide

We have now become familiar with remote and blended learning. Pupils are becoming more adept at learning from home whilst they are unable to attend school. They continue to build their resilience and mastery in remote learning, developing skills they will take with them into their adult working lives. As a parent, how can you continue to support your child with remote learning? The following are tried and tested ideas that may help you and your child navigate the challenges and opportunities remote learning can bring. We recommend that you help your child to:

Create the best space possible

A quiet, organised space is best. If a separate desk and chair isn't possible, your child could make a work 'throne' of pillows on their bed.

Create a routine for learning

Some pupils follow their school timetable at home, others do not. Suggestions for an effective routine are:

- ✓ a regular start time ensuring your child has registered via itslearning by 11am
- ✓ brain breaks and regular physical movement throughout the day
- ✓ encourage work to be completed for the same amount of time the lesson would be at school
- ✓ Use a smart speaker or alarm to structure the day and to tell your child when it's time to take a break or move on to another subject
- ✓ virtual study dates with a friend can be planned into the day
- ✓ negotiate the home learning rules that work for your child; perhaps their phone stays in the kitchen whilst they are learning but it can be used at other points during the day.

Communicate with teachers

Encourage your child to message their teacher(s) on itslearning if they are stuck or unsure what to do. Whilst they are waiting for a reply, move on to another piece of work.

Make room for well-being

- ✓ daily exercise, preferably outside, is highly recommended
- ✓ other interests are still maintained e.g. music or sports practice
- ✓ healthy snacks are a good option throughout the day
- ✓ helping around the house with everyday chores can be beneficial for the child and parent
- ✓ unstructured time is also important to have every day

Understand how to learn whilst others are working from home

- ✓ convey to your child when you have deadlines looming or important calls to make; encourage your child's buy-in to your work pressures and commitments
- ✓ where devices need to be shared, ensure everyone knows who can use what and when; work can then be planned accordingly and a routine quickly established

What happens when it all goes wrong?

Try to remain supportive and consistent in your approach. If the problem is learning related, you will not necessarily have the answers, but showing you care the answers are found will be hugely beneficial to your child. Encourage a growth mind-set. Could they:

- ✓ look for resources on itslearning?
- ✓ look on the internet?
- ✓ message their teacher, mentor, Head of Year, Chaplaincy Assistant?
- ✓ call a friend in the same class?
- ✓ break down the task or learning into manageable chunks?
- ✓ leave the work and return to it with fresh eyes the next day?