



# PARK AND PARKWALL FEDERATION

## Top Tips for Home Learning



Lockdown schooling has brought new challenges for us all as we adapt to home learning. Each child is different and you know what works best for your child. Here are some ideas and tips you may find helpful to support your child to get the best out of learning at home.



Establish a daily **learning schedule** that suits you and your family. Include a mixture of your child's online learning timetable and the tasks at home that you need to do during the day. On the schedule, plan in times for learning breaks, outdoor exercise, free time and, of course, snacks!

Now our homes have become classrooms, it is helpful to create a **learning space** designated for your child to complete their home learning. Try to strike a balance between creating a place that is both quiet and free from distractions but not too isolated where your child is spending extended amounts of time on their own.



Establish **routines** to give your child's home learning structure and predictability. Children of all ages can struggle when the routine of school life is missing and they may find it challenging to plan their time without a routine. Begin and end each day with learning check ins...*What did we/you complete today? Are we/you ready for tomorrow's learning?*

To help your child stay engaged, break learning into **small, manageable chunks**. Give your child choice as to the order tasks will be completed (they will be more motivated if they've had a say) and try to maintain a balance between online and other types of learning. BBC curriculum based learning programmes are excellent and have content suitable for all ages.



**Stay connected with your child's teacher.** Check regularly for Seesaw, email and text messages from school. We are around to help so don't suffer in silence if your child has a problem - whether it's direct advice with learning or help with technology they need. Check into the **Wednesday Zoom Drop In sessions** which help your child with learning from the beginning of the week as well as for any other general support.

The **health and wellbeing** of children is a priority at all times but now more so than ever. Research tells us there are things we can do. Keeping to normal bedtime and get up routines protect sleep patterns and ensure children are ready to learn. Time spent outdoors is shown to reduce children's stress, increase their capacity to learn and maintain a positive mood. School is much more than a place to learn, it's where friendships are made so encourage your child to maintain contact with their friends.



Please remember that whilst we are going through something which has never happened before, we are going through it together. Our priority is the children of our school and keeping them happy, safe and continuing to learn. Thank you for your support.