



Top Tips for home learning.

Lockdown has put extra pressure into the mix for some families. Routines have changed and parents/carers have felt more stretched whilst they aim to manage work and home changes. Here are some top tips for home:

1. **Routine:** keep a clear routine in place and create a timetable. Make it visual and clear. Stick to this routine.
2. **Make it Special:** Be enthusiastic yourselves. Try and make a special workbook or folder for work to be kept in. Display it around the house and celebrate it with other members of your household.
3. **Keep learning in short bursts:** it is unrealistic for you to replicate school so be kind to yourself and them. We have reduced the amount of learning to make allowances for the amount of time children need to be sat in front of their devices. Be realistic with your expectations and **STICK** to the agreements you make around learning.
4. **Be physical:** ensure that you and your child get outside for a short walk or burst of physical activity. Break up the learning. Physical activity helps us regulate our bodies and process emotions or building feelings. Any 'difficulties' from the learning can be contained physically and need to be 'released'.
5. **Consequences:** avoid giving consequences for school work. This is your home and it may not be practicable to enforce consequences. It can also result in resentment and resistance. Instead, work with your child to agree the timetable for the day and what should be achieved by the end of it. Provide the child with a visual checklist of each activity that they can tick off as they go.
6. **Alternate:** although many of you will be concerned about your child 'falling behind'. The curriculum still needs to be engaging and varied. We are doing this and providing a full range of subject throughout the week. If you feel that your child needs to engage in some physical or creative learning with another online resource or a craft activity at home, then let your teacher know and prioritise that learning for some part of the day.
7. **Reading. We all know that the key to success at school is reading. If all else fails, then please try and read as much as you can with your children. This can be anything at any time, especially things in the real world. Try and bring reading into everything that you do**