

Supporting Home Learning

We do understand how hard it is for parents at home, juggling your own work and duties, school work and keeping home as calm as possible. We know this isn't ideal ... but at least you can be confident that you are contributing to the collective effort to control COVID-19.

There is a lot of really good advice available on the internet with hints and tips to make home learning work for you. We hope that this condensed, New Islington version will be of use.

What we would suggest is that you make the learning work for you as a whole family; your wellbeing is of utmost importance. If you are stressed and anxious, then your children will be too.

We know children feel more comfortable and learn better with a predictable **routine** to their day. You could create your own family timetable so there is a clear **structure**:

- Look at your child's / children's timetable and then match that to your own work load
 - so they know when you as parents need to work and cannot be disturbed
 - so they know when they are going to work
 - The teachers upload work so that it can be accessed at any time; if you want to do a lesson earlier or later than timetabled, that is absolutely fine
 - so they know when there are fun family sessions (board games, colouring, card games, cooking, going for a walk, playing hide and seek, building dens in the sitting room)
- Decide upon a set place for you to work, and for the children to work. This gives more of a sense of purpose; your children will feel very 'grown-up' with a set work station, with pens and paper to hand.
 - Could older children work side-by-side with parents?
- Build in regular brain breaks and always ensure physical activity at regular intervals.
- Build in quiet reading sessions; times for you to read to them, time when they are reading to themselves.
- Have set meal times and snack times. Have a set bed time and wake up time.
- Create this schedule / timetable with your children so it is age appropriate – do it as a family activity together, so there is a sense of collective ownership.

You know your children best. If they sometimes need time away from the class learning, if they are struggling with a certain piece of work which begins to cause them or the family anxiety, if you are having technical issues which at that moment can't be resolved – then STOP – and please don't worry.

Just do your best, and never have a battle with your child. We are in this for the long haul and maintaining a calm atmosphere at home is crucial for everyone's sanity.

We have lots more advice we can offer, and we can answer specific queries. So please do not hesitate to contact us for help, support, ideas or just a chat. You are not alone.