



Home learning - guidance for parents

Over the coming weeks and possibly months it is important that your child continues with their studies whilst being happy and healthy. Here is some guidance that I have produced on home learning that may help you:

- Maintain a routine every day. This is particularly important when you are home all day, as things can quickly become unstructured (think back to previous school holidays trying to get your child out of bed in the morning!).
- Create a timetable for every day, chunking the day into a series of learning activities – aim for each activity to last around 45 minutes – but no longer than an hour. Ensure there is variety in the activities, otherwise it will become boring.
- Be flexible with the timetable. If it is not working, don't force it, try something different. Try to avoid confrontations; if your child refuses to work or is struggling to understand a concept, move on to another activity. This needs to be sustainable.
- Timetable English, maths and science and any subject your child finds difficult into the morning session if possible; children have a greater ability to concentrate before lunch. Use the resources that our teachers have provided via Hwb. These can be supplemented by dedicated websites (see below).
- Incorporate physical activity into each day – everyday. This activity can be for longer than an hour or a series of shorter sessions spread throughout the day. This is essential for both their physical and mental health – and yours. If you can get out, go for a walk but make sure you adhere to the guidance regarding self-isolation and social distancing. If you are exercising indoors try The Body Coach:
<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>
- Try a variety of activities as well as the learning materials that our teachers have provided. Play games, do puzzles, make Lego if you have it.
- Try to inspire their creativity; get your child to make things, draw, cook or bake. Teach them to cook if they can't already (The Body Coach also has great recipes that are easy to follow); this is an essential life skill.
- Encourage your child to read every day (Kindle has a lot of books that are free). Don't worry about the topic (as long as it is age-appropriate), just try to engage them in reading every day if they don't already. Model this, take time to read every day yourself, maybe set up a virtual book club with your friends. Encourage your child to do the same.
- Build regular breaks into each day. Encourage your child to get up and move around in between each activity. Ensure your child eats regularly during the day, starting with breakfast and building snacks in through the day. Make sure they drink plenty of water and avoid energy drinks. If your child does drink high-caffeine energy drinks, wean them off them slowly, then see if you notice the difference in their behaviours and concentrations levels.
- Schools, as well as being places of learning are very sociable. Your child will very quickly miss their friends so regular contact with them is crucial to their wellbeing. Build social time into their daily timetable; either at the end of the day or at agreed times during the day. This could then be an incentive to help them study. Use Skype or Zoom so that your child can study with their friend too.



Suggested websites

All subjects:

BBC Bitesize <https://www.bbc.co.uk/bitesize>

KS 4 WJEC <https://resources.wjec.co.uk/>

Maths:

www.corbettmaths.com

Science:

Visit our Cantonian Science department on You Tube

<https://www.youtube.com/channel/UCzNMQ5iTXEebaXieqKqh-Jw>

Free books:

<https://www.gutenberg.org/>