



Independent Learning - Advice for Parents and Carers

We know this is a very strange time and understand that you will likely have your own work to complete, as well as making time to support your children. Here are a few tips to help with students working from home:

- 1) The simplest thing you can do is take an interest. If you are enthusiastic about the work, the more likely your child will be
- 2) Establish a routine. You may like to follow the school timetable, or find a time that suits the learning needs of you and your family
- 3) Monitor any online activity and use safety controls and privacy restrictions, as necessary. Please contact Mr. Pape if you have any concerns about e-safety
- 4) Encourage your child to develop a reading routine: they should try and read every day for at least 30 minutes (this could be a book, the newspaper, anything that interests them). If you have the time, ask them about their opinion of what they have read and help them look up any words that they are unfamiliar with
- 5) Try and keep the study area in your home clear, ideally away from any distractions
- 6) Encourage your child to take breaks away from their screens
- 7) You can email individual teachers to ask questions or to look at work completed by students. They should be able to get back to you within 24 hours (as long as they are well enough to do so)
- 8) Monitor your child's wellbeing and mental health as well as their learning. Make sure they get fresh air, time to switch off and at least 30 minutes of exercise a day.