

ST. BEDE'S CATHOLIC JUNIOR SCHOOL

celebrates life and learning

Dear Parents/Carers,

HOW TO SUPPORT HOME LEARNING

During these unprecedented times, as a school, we would like all of our families to feel supported in creating a positive learning environment at home and in life at home whilst self-isolating or socially distancing. We know that it is a difficult time for us all so:

1. Be realistic about what you can do

- ✓ **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household.
- ✓ **Experiment** at first, then **consider**: what's working and what isn't? Ask your children; involve them too.
- ✓ **Share the load if there are 2 parents at home.** Split the day into 2-3 hour slots and take turns so you can do your own work.
- ✓ **Take care of your own health and wellbeing.** This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing

2. Keep to a timetable wherever possible

- ✓ **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school day': avoid staying in pyjamas!
- ✓ **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.
- ✓ **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible. However, if it isn't, move on.
- ✓ If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your family.
- ✓ **Designate a working space if possible,** and at the end of the day have a clear cut-off to signal school time is over.
- ✓ **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- ✓ **Distinguish between weekdays and weekends,** to separate school life and home life

3. Make time for exercise and breaks throughout the day

- ✓ **Start each morning with a PE lesson** at 9am with Joe Wicks
- ✓ If you have a **garden, use it regularly.** If you don't, try to get out **once a day** as permitted by the government (a family can be together outdoors but 2 metres apart from others)

- ✓ Get your children to **write in a diary what they did each day**: this can be a clear sign that the ‘school’ day has ended

4. Other activities to keep children engaged throughout the day

- ✓ Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from Go Noodle to get the heart-rate going
- ✓ Get your children to **write postcards** to their grandparents or to pen pals
- ✓ Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
- ✓ **Give them jobs** to do so they feel more responsible about the daily routine at home
- ✓ Ask them to **help you cook**
- ✓ Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits
- ✓ There is an ‘online’ timetable of activities on the school website
- ✓ **IMPORTANTLY**, take some time to sit and rest and relax. Enjoy the good weather whilst we have it, even if that is in your garden or even your front step!

http://www.stbedesjuniorschool.co.uk/serve_file/455705

Teachers will be adding more work for pupils to the school website (HOME LEARNING LINKS) for **after** (what should have been) **the Easter Holidays**. Please contact the school directly if you require hard copies. We are trying to open up lines of communication between teachers and parents/carers regarding learning. This is in Year Groups so that if there is a query regarding the learning, you can contact the school staff. Teachers will endeavour to get back to you within 24 hours. There is also the option to contact ‘Maths’ (Mr. Hurst) and English (Mrs. Woods). The email addresses are:

year3@stbedesjuniorschool.co.uk

year4@stbedesjuniorschool.co.uk

year5@stbedesjuniorschool.co.uk

year6@stbedesjuniorschool.co.uk

maths@stbedesjuniorschool.co.uk

english@stbedesjuniorschool.co.uk

School is open from Monday to Friday so if parents/carers have any queries or concerns, the office staff and I are available to assist.

The most frequent query occurring is regarding residential trips. The Department for Education will not authorise any trips/visits either in the UK or abroad. Mr. Hurst and other school staff are working to sort out cancellation of the trips so as to enable a full refund for parents/carers. As soon as we have more information, we will be in touch directly with parents/carers; however in the meantime, please do not make any further payments.

Once again, I am keeping you all in my thoughts and prayers. As a school community, we are blessed with the support we are affording each other. Stay safe and take care of one and other.

Love and thanks,
Faith Tiernan

