REMOTE LEARNING TIPS

The advice below can help us all make the best of new and sometimes unfamiliar remote learning environments. It can help you be ready for some of the more practical aspects of learning from home.

Establish routines and expectations: It is important to develop good habits from the start. Create a flexible routine and talk about how it's working overtime. Chunk your days into predictable segments. Help your child get up, get dressed and ready to learn at a reasonable time. Everybody make your bed! Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in (However, a 'duvet day' now and then can be a treat).

Choose a good place to learn: Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Make sure an adult monitors online learning. Keep doors open, and practice good digital safety. Our teachers and safeguarding team will do the same.

Stay in touch: Teachers will mainly be communicating regularly through our online platforms and virtual learning environments. Make sure everyone knows how to find the help they need to be successful. Stay in contact with your child's teacher, school. If you have concerns, let someone know.

Help your child 'own' their learning: No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Becoming independent takes lots of practice.

Begin and end the day by checking-in: In the morning, you might ask:

• What classes/subject do you have today? Let us look at the weekly timetable.
• How will you spend your time? Let us plan in some breaks too.
• What resources do you need? We can get them ready.
• You can try and complete some tasks yourself but let me know what I can do to help?

At the end of the day you might ask:
• What was the favourite of your learning tasks today?
• What did you discover? What was hard?
• What could we do to make tomorrow better?

These conversations really matter. It is important that you check your child processes instructions they receive from their teacher: it helps them to reflect on their learning and encourages independence. Not all children thrive in distance learning; some struggle with too much independence or lack of structure. These check-in routines can help avoid later challenges and disappointments. They help children develop self-management, flexible thinking and resilience, that are essential skills for life.

Keep your child safe online

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

The following resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- Thinkuknow by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) provides resources for parents and carers and children of all ages to help keep children safe online
- Childnet has developed guidance for parents and carers to begin a conversation about online safety, as well as guidance on keeping under-fives safe online
- Parent Info is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- National Society for the Prevention of Cruelty to Children (NSPCC) has guidance for parents and carers to help keep children safe online
- UK Safer Internet Centre provides tips and advice for parents and carers to keep children safe online - you can also report any harmful content found online through the UK Safer Internet Centre