

How to support home learning

Follow this guidance to create a positive learning environment at home

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** in the first week, then **take stock**. 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
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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
- › 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 household
- › **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
- › **For Early Years Pupils** - 20-30 mins at a time is reasonable for Reception age children to sustain concentration on a task, such as reading or writing. Remember to give children time to play and be imaginative and creative, although making a mess and a noise can be frustrating for adults, if it is timetabled into the day it will provide relief for everyone

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 (households 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

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
- › **Give them chores** to do so they feel more responsible about the daily routine at home
- › Ask them to **help you cook** and bake
- › 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

If you need to contact the school regarding any home learning queries around online log in details then see the link below:

homelearning@vaughan.harrow.sch.uk

It is important to note that your child's class teacher will not be able to respond to your query. The queries that the school are able to deal with will be of a general nature.

We understand that parents may have difficulty supporting their children with all the content in the packs and online but we are not expecting every child to complete every question or every task. The work will not be marked by teachers, as we do not have the capacity to do this at this point.

Some of the content in the packs has not been taught to your child yet as they have a whole term to go in school. We will endeavour to send out more learning opportunities and additional resources after the Easter Break.

Parents will need to understand that the school has limited staff at the moment and we will not be able to address every query that is raised.

See guidance on supporting your mental health and that of your children:

- › [Coronavirus and your wellbeing](#) – Mind.org
- › [Supporting young people's mental health during this period](#) – Anna Freud Centre