



St Mary's
Catholic Primary School and Nursery



A Parent's Guide to Remote Learning

If you have children off school and you are trying to work, as easy as it is to say what a beautiful and precious time you could be having with them, the reality of trying to work from home and home-school can be quite different...!

TEN TOP TIPS

- **Think about what kind of household you have** – would a structure in terms of a routine to the day work or are your children more likely to work hard if you let them sleep in for a bit longer and drop in and out throughout the day?
- **Keep bedtime and meal times the same as normal.** It is easy to pick at food when you are at home and it is the same for children. By planning what you eat and eating sensibly you will have more positive energy for the day.
- **Exercise regularly.** Children struggle to concentrate for longer than 15 minutes – shorter for some of our younger pupils - allow them regular brain breaks and encourage movement in between the times that they are sat working.
- **Be creative with your workspace** and try to avoid them having distractions such as hearing phones beep or the TV or radio on when you are expecting them to work.
- **Be clear with your feedback** – say what you like about their work e.g. I like the way that you've used descriptive language or I can see that you've used reasoning in your maths problems. If you want them to improve something be specific e.g. I can see that you have used the word 'and' several times, can you think of alternatives (although, despite, in addition to etc...). Children work better with descriptive instruction and praise than when we simply say 'Well

done that's brilliant.'

- **Fight the big battles:** Many homes will experience pressure cooker syndrome during this time and it is important to look at what is causing behaviours (in ourselves as adults as much as in the children) if things start going wrong. In school, we might say "I can see that you are feeling worried/anxious/upset, I am here to help and will be in the X if you need me..." If you then walk away, your child can make a choice to independently come and ask for help instead of you making the decision for them. This empowers them to make decisions for themselves and means that when they do come and ask, they are more likely to be ready to listen to and accept your help. Repeat the script every 5 minutes.
- **Be prepared to go rogue:** If it is not going to plan don't be afraid to say 'Let's leave it for now and we can have a look later.' We are in this for a protracted period and just like adults, children can become overwhelmed and need a break away from their learning.
- **Find your inner child:** For many adults there is a moment, unseen and undetected when we forget how to play as a child. We ask you to be brave, be led by your children and you might, just might, find that same innocence in play that you used to have!
- **Enjoy this time with your children** – you may never again have this and if you get through this with memories of fun time together it has to be worth it.
- **Be kind to yourself** – you are doing an amazing job and your children are lucky to have parents who care so much about getting it right.



We are always here if you need us – please contact your child's class teacher through Class Do-jo during working hours.