



Northfield St Nicholas Primary Academy

Some ideas to help with Remote Learning 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.
- Try and share the remote learning if there are 2 parents/carers at home. Split the day into slots and take turns so you can do your own work/ have time out.
- Take care of your own health and wellbeing. This will be new for your entire household, so give it time to settle.
- Learning does not have to be hours of structured work. Children learn in so many ways, often without realising.

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 day – avoid staying in pyjamas! Save that for the weekend.
- Involve your children in setting a timetable for the week where possible (The government expectation is that children in KS1 (years 1 & 2) have 3 hours of remote learning a day and those in KS2 (years 3-6) have 4 hours a day. For some children it's a great opportunity for them to manage their own time better and it'll give them ownership; others might find this too much. You know your child best - try and encourage them to engage as well as you can. We have tried to make the remote learning content as engaging as we can - if you can adapt it further to help your child access it then that's great!
- Remember, you may have to build up to the government expectations. Help your child engage and learn as best as you can in the situation you find yourself in.
- 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 this is fine. Similarly, if they are finding a task tricky and they want to leave it and come back to it later this is also fine.
- 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 learning time have a clear cut-off to signal learning 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.

Be kind to yourself and your family

- The children may be just as scared and confused as we are right now. None of us have ever experienced anything like this before. Over the coming weeks, you may see an increase in behaviour issues with your children. Whether it's anxiety, anger or a range of other emotions that cause them to behave in ways they may not usually, please don't worry- this is normal and to be expected under these circumstances.
- To help your child through such times try not to put too much pressure on them or yourselves to get everything done. **We have provided the amount of work that the Government has instructed us to- but children can and do learn in lots of other ways as well.** This can be as simple as going for a walk, observing and talking about the things around them, helping to bake a cake or cook a meal, creating a piece of artwork, reading a book together or watching a film.
- Don't worry about them falling behind, when we are all back in the classroom we will support them to catch up with any gaps they may have. Teachers are very skilled at working out what children need to learn, at identifying any gaps they may have and planning lessons to address these gaps. We do this all of the time and are experts at this!

Make time for exercise and breaks throughout the day

- Consider starting each morning with some exercise, for example, a PE lesson 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.
- They will probably want to watch more TV/spend time on their phone/ play station/or x-box– that's ok but you might want to set/agree some screen time limits.

Please remember that we are here to help and are happy to provide whatever support we can remotely.

Remember we are live streaming some lessons now - if you haven't logged onto google classrooms yet (Y1-6) and need support please get in touch

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