

25<sup>th</sup> March 2020

Dear Parent/Carer,

**Re: Coronavirus - How to support home learning**

In order to support your child's home learning over the coming weeks we have set out some guidance below. Please ensure that your child regularly logs into showmyhomework to check in with the work that has been set by teachers. Parents can also log in to check the work students are completing. If you need any help with logging onto show my homework please [follow this link](#).

**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 to start with, 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

- **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**

Make time for exercise and breaks throughout the day. Start each morning with a session with Joe Wicks which can be accessed via youtube.

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** – [follow this link](#) for some activities that can be done at home

**Where you have more freedom in the timetable, make time for other activities.** Add some creative time or watch a dance video 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 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

The following online links are available to your child through the internet:

Sam Learning (all year groups, all subjects) [Samlearning.com](http://Samlearning.com) (centre ID LU2SH)

GCSE POD (all year groups, all subjects) [www.gcsepod.com](http://www.gcsepod.com)

Seneca (all year groups, all subjects) [www.senecalearning.com](http://www.senecalearning.com)

Maths made easy (contains most GCSE subjects past papers with mark schemes) [www.mathsmadeeasy.co.uk](http://www.mathsmadeeasy.co.uk)

Fast papers (contains most GCSE subjects past papers with mark schemes) [www.fastpastpapers.com](http://www.fastpastpapers.com)

Maths (all year groups) [www.hegartymaths.com](http://www.hegartymaths.com)

If available to you please use the password reset facility in each individual site, if that is not available please email to the following school email address for support [studentitsupport@stopsleyhighschool.co.uk](mailto:studentitsupport@stopsleyhighschool.co.uk)

I hope you will find this information useful. Remember, if you need to contact the school please email [admin@stopsleyhighschool.co.uk](mailto:admin@stopsleyhighschool.co.uk).

Kind regards,



**Mrs K Johns**  
**Headteacher**