



Engaging with Remote Learning



A guide for children

- **Your study space**



Despite being at home, it's important to remember the same rules apply as being in the classroom. Try to focus on your learning, ask questions when you are unsure and take care with your presentation.

- **Remote learning.**

When writing message to your teachers and friends, try to write as though you would in class. Remember to be respectful and polite and avoid positing negative comments. Complete as many tasks as you can – don't forget to ask for help if you need it.



- **Take regular screen breaks.**

Whilst learning remotely maybe be an exciting experience at first but having longer periods in front of a screen isn't always healthy for our mind. Remember to have regular screen breaks -
Maybe try –



- getting some fresh air
- completing a PE activity
- completing an outdoor learning activity
- reading a book/creating a model with Lego

- **Passwords**

In order to gain access to Seesaw you will need a login. In the same way we keep personal details private, always keep these safe and never share them others outside of you home.



- **Wellbeing and Mental Health**

The initial excitement of school being closed will fade quickly when you are working alone and missing out on social daily interactions with your friends. If you ever feel frustrated, sad or angry, discuss how you feel with your parents, someone you live with, or send your teacher a message on Seesaw. We are all here to help you.



- **Contact with friends.**

Try and maintain contact with friends through social media and other online technologies. (adult supervision required). Please remember to be polite, respectful and appropriate in your communications.



- **Look after yourself**

We are all going through a time of major upheaval to our normal routines and ways of life, therefore your mental health and wellbeing is just as important as your families. Please include time for your own rest and leisure in your daily routine.

