



Engaging with Remote Learning



A guide for parents

- **Create a structure and routine.**

It's important to establish good habits, create a flexible routine and explain what is going to happen that day. Help your children get up, get dressed and ready to learn at a reasonable time. Try to keep to normal bedtime routines, but adjusting to everyone's needs is vital. Include fun things to do during the week including activities that you will do together as a family and time for activities that are independent.

- Don't forget small breaks, brain breaks, movement breaks.



- **Creating a study space.**



Try and create a study space that is for learning. Try to keep the space quiet and free from distractions. Organise the space so you can have resources to hand, pens/pencils, device and allowing your child to work independently where possible.

- **Remote Learning.**

Seesaw activities and tasks are uploaded at the beginning of each day. Take some time to look through the activities before your child accesses these independently so you have a good understanding of what they need to do.



- **Take an active interest.**

While we would like the children to work independently, checking in with your children on regular intervals can really support their confidence. Showing a keen interest at the beginning and end of their learning activities.

- Maybe ask –
 - What have you learnt today?
 - What was hard?
 - What did you discover?
 - What could we do to make tomorrow better?



- **Keep in touch.**

Engage in communication with teachers where possible - we are here to help/support you. We welcome feedback on progress, development as well as the learning process.

- Please contact us via
 - phone calls
 - emails
 - messages on Seesaw.



- **Wellbeing and Mental Health**

The initial excitement of school being closed will fade quickly when children start missing their friends, classmates and teachers. The children won't be able to access the same level of social interaction they are used to. Keep talking to your child, communicate in any way you can (hugging, listening to them, sharing experiences).

These are some suggestions to support wellbeing and mental health.

- Quiet time – as everyone is adjusting to new routines and expectations, establish different times of the day/week where everyone can have some time for peace and quiet.
- Contact with friends – help your child maintain contact with friends through social media and other online technologies (adult supervision required). Remind your child to be polite, respectful and appropriate in their communications.
- Screen time – remote learning will involve more interaction with computers, laptops and tablets. Please provide your children with regular screen or physical breaks, encouraging them to get fresh air when appropriate.
- Self-Care – why not learn a new skill? Do some gardening or baking? Learn a new language? Or finish the book you are currently reading (please post any picture to Seesaw; we would love to see what you are doing with your child/children).
- PE and wellbeing tasks published to their activities each week.



- **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 family's. Please include time for your own rest and leisure in your daily routine.

