

# Learning From Home Support



## How to support your child with their learning:

- All lessons will be put on Go 4 Schools every day for you to see. There should only be five lessons of 40 minutes each to do each day. Your child will also be able to see the work on Teams and be able to interact with the class and their teacher on this app.
- If your child has completed 40 minutes' work for a lesson but has not finished, tell them it is ok to stop. We do not want students working for long hours during the day and evening.
- Keep in touch with the school if you have any concerns for example. the work may not be appropriate for your child. Please let us know if your child is ill so that we do not contact them asking for work (links below).
- You do not have to be an expert to support! It doesn't matter if it's been a while since you were at school. You can encourage your child to try tricky problems and be resilient. Ask your child how they can find the answer (internet/work book/revision guide/asking a teacher) to develop their independence.
- Set up a routine at home with set breaks and rewards (screen time/TV/hot chocolate!) for effort. Start in the morning and get as much done as possible so that the school day finishes before 2:40.
- Make sure your child has a quiet place to work that is dedicated to home learning, preferably on a table top.
- Encourage your child to eat well, sleep as they would in term time and exercise regularly.

Useful link from Gov.uk on keeping everyone's mental health a priority at home, including yours:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>



Contact e-mails: Year 9 [headofyear9@fernup.dorset.sch.uk](mailto:headofyear9@fernup.dorset.sch.uk). If you require advice or support from our SEND team for Year 9 then please contact [sarahclay@fernup.dorset.sch.uk](mailto:sarahclay@fernup.dorset.sch.uk). Year 10 [clairelock@fernup.dorset.sch.uk](mailto:clairelock@fernup.dorset.sch.uk)

### Begin on the same page

"I'd suggest at the very start the family sit down and devise a family contract," Waters says. "Have a discussion: what do you think will be the biggest challenges? What are the strengths that we each have as an individual family member that can help out?" Discussing concerns and expectations about the quarantine, and what role each person can play to make it better, can be helpful, she says. "Forewarned is forearmed."

### Be truthful

It is important for parents to listen to and empathise with their children's fears, speak truthfully about the situation in an age-appropriate manner and put it into context, the experts say.

"Have conversations for facts and feelings," Waters says. Critical to allaying fears will also be allowing children a sense of control, such as over their personal hygiene.

<https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine>



### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
  - If you go out, stay 2 metres (6ft) away from other people at all times
  - Wash your hands as soon as you get home
- Do not meet others, even friends or family.  
You can spread the virus even if you don't have symptoms.