



# Supporting Learning at Home: Parents/Carers



During the school closure your child’s wellbeing is of the utmost importance and we are aware that educational activities should be carefully balanced with each family’s own circumstances. **Here is a summary of advice and reassurance that was issued after parental feedback from our last lockdown survey.**

1



**Routine is important** but we are not in a ‘normal’ situation and we are all learning!  
It is important that you adjust to suit your own situation and demands.

2



**Do what you can to support your child/ren during the closure** – we aren’t following a normal curriculum and we will pick up when we return to school. Most parents/carers are not teachers and are not expected to teach new work.

3



**Establish a daily routine.** Working from home and in a casual setting might take your child a bit of getting used to. A timetable of tasks might help – pupils should include subject activities, household tasks, caring duties etc. A weekly time/t is on our website.

4



**No family is in the same position, so you decide what is right for you.** Many parents/carers, are juggling work commitments, family life and their learning at home. Many households are sharing devices. **You make decisions on what’s best for you.**

5



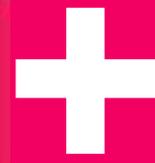
Don’t expect your child/ren to engage in their full week’s timetable as they would in school. **We all need to accept this. Advice is 5 hours screen time per day maximum.**

6



**Help your child stay connected with their teachers.** This will be done though official school channels such as TEAMS and Glow. Bear in mind timescales, as teachers are working with many students across all year groups.

7



**Safety and good health for pupils, families and school staff is everyone’s priority.** Teachers also have domestic commitments - some are not able to work, others work part-time etc. Response time will take this into account.

8



**Try activities that help your family spend time together.** Although some physical activities might be limited at present, students should try to get some exercise/fresh air. We will be uploading challenges on our school website.

9



**Stay positive.** Encourage your child to stay connected with their friends through voice calls, video calls or other social media channels. Take regular breaks and talk to them about how they are feeling.

10



**Monitor your child’s online activities.** In these digital times, everyone will be online more, so be more conscious of online safety. Regular breaks from screens is encouraged - the advice is 5 hours maximum screen time.

Go to St Mungo’s website for signposts to resources and weblinks during the school closure – [click here to be taken to the school website](#)