

How to support home learning – advice for parents / carers

These are unusual and challenging times and one of the biggest challenges for many families is supporting their children's learning at home. Here are some suggestions to help:

- Remember you've always been your child's main educator – this is just an extension of that role
- You're not expected to become teachers and your children will not be learning in the same way that they do in school – be realistic about what you can do and remember whatever you achieve will be a positive
- The main way you can support your children is by spending time with them and showing you love and care as always
- You can also help to give your child a structure for each day that will help them to get used to this new situation (see the section below about routines / timetables)
- Contact the school to ask for help. If you are not sure about any of the tasks or work set or have any issues with usernames/passwords or logging into different websites email your child's teacher and we'll do our best to help. You can also use these emails for submitting work or sending us photos or messages for us to post. The email addresses for each group are:

nursery@garfield.enfield.sch.uk

reception@garfield.enfield.sch.uk

Year1@garfield.enfield.sch.uk

Year2@garfield.enfield.sch.uk

Year3@garfield.enfield.sch.uk

Year4@garfield.enfield.sch.uk

Year5@garfield.enfield.sch.uk

Year6@garfield.enfield.sch.uk

- Remember to take care of your own health and well-being. Share the load if there are two or more adults at home. Also, take a look at the links on our website at:

Health and Well-being: Parents and Carers

School Closed Parents: Where to get support during school closure

Keep to a timetable / routine 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 one child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household
- An example of a possible timetable is given below:



- 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
- **However**, be flexible! If you set yourself too rigid a timetable / routine, then it's likely to be hard to achieve it all and it will cause you and your children stress. Don't feel you've failed if not everything planned for the day is done.

Make time for exercise and breaks throughout the day

- Start each morning with a PE lesson at 9am with Joe Wicks
- 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

- Where you have more freedom in the timetable, make time for other activities. Add some creative time or watch a dance video from Go Noodle 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/play electronic games such as x box – that's ok, but you might want to set/agree some screen time limits