

A PARENT'S GUIDE TO REMOTE LEARNING

As part of our recent review of our approach to Remote and Online Learning we wanted to share with you a few tips and ideas that either we have found online or have developed ourselves that may help you.

The first thing to remember is **not to be too hard on yourselves**. All of us are working in challenging circumstances and having your children home learning whilst you are trying to also work from home is extremely difficult. For this you have our upmost admiration and respect.

REMOTE LEARNING TIPS

1. Establish routines and expectations

Routines are important to all children and keeping the idea that Monday to Friday are still school days is key. Chunk your days into predictable segments. The children should get up, get dressed and ready to learn as if it was a normal school day. Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in.

2. Choose a good place to learn

Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Make sure an adult monitors online learning. Keep doors open, and practice good digital safety. Our teachers and teaching teams will do the same.

3. Stay in touch

Teachers will mainly be communicating regularly through our online platform, Google Classroom. The mixture of live teaching and chat stream support means that your child will be receiving face to face support from a member of staff every day. However, please don't feel that you can't approach us for help. Please phone us or email your child's teacher. We do ask that you leave the chat stream and live lessons for the children though.

4. Help students 'own' their learning

No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Don't help too much. Becoming independent takes lots of practice. At school, your child usually engages with other children and any number of adults lots of times each day. Many of these social interactions will continue from a distance via Google Classroom, but they will be different.

5. Begin and end the day by checking-in

In the morning, you might ask:

- What is on your timetable today?
- Have you got everything you need?
- Have you logged in ready?

At the end of the day you might ask:

- Tell me one thing you know or can do now that you didn't know or weren't able to do at the start of the day. Getting a child to describe what they have learnt and then to show you is an important way of transferring what they have learnt into their long-term memory.

6. Establish times for quiet and reflection

Encourage some non-screen down time. Don't forget the importance of story time as part of your routine.

7. Encourage physical activity and exercise

PE is challenging to teach remotely for obvious reasons. Build in some time for shared family exercise, hopefully the days are getting longer

8. Manage stress and make the most of an unusual situation

We are going through a time of major upheaval to our normal routines and ways of life, and there's a great deal of anxiety in the world right now. Emotions may be running high, and children may be worried or fearful. Parents may be stressed as well and children are often keenly aware of trouble. Children benefit when they get age-appropriate factual information and ongoing reassurance from trusted adults. We have put in place layers of support for LBSJ students, so please don't hesitate to contact your child's teacher or school leaders if you need assistance or advice.

9. Monitor time on-screen and online

Distance learning does not mean staring at computer screens seven and half hours every day. Teachers will aim to build in variety, but it will require some trial and error before everyone finds balance between online and close-space offline learning experiences. Work together to find ways to prevent 'down time' from becoming just more 'screen time'.

10. Connect safely with friends, and be kind

The initial excitement of school being closed will fade quickly when children start missing their friends, classmates, and teachers. Help your children maintain contact with friends through social media and other online technologies. But monitor your child's social media use. Remind your child to be polite, respectful and appropriate in their communications, and to follow school guidelines in their interactions with others. Report unkindness and other problems so that everyone maintains healthy relationships and positive interactions.

We hope this has been of some assistance to you during these strange times. However, the best advice we can offer is to contact the school directly if you have any issues what-so-ever. We are always here for you. Thank you for your continued support.

Stay Safe!