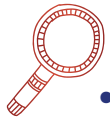


Supporting Online Learning @ Home

Every parent wants their child to do their very best and to keep learning



Choose The Culture Of Learning In The Home

- Your role as a parent/caregiver is a very powerful one, you have already taught your child to walk and talk! Trust your child's innate ability to learn
- Things will not necessarily go to plan you can only control the controllable
- Children will model their own behaviour on yours. Be kind to yourself and others
- This is the time to turn a challenge into an opportunity



Learning at Home

- The learning space should be tidy, comfortable and as quiet as possible
- No one expects you to be a teacher, if learning is not happening, take a break or move on to something else
- If the task is suitable, encourage your child to learn to work independently. No one is learning if you give them the answers



Supporting Mental Health

- Focus on creating positive family experiences
- Listen to your child's concerns but do not fixate on disaster
- Have clear strategies to negate sibling rivalry and to promote conflict resolution
- Access external help, if your situation or someone's behaviour is overwhelming



Learning Time

- Set up a timetable of the family routine with lunch breaks and down time or rewards. Let your child see you need time to work on tasks too
- Use everyday tasks such as cooking and cleaning as a learning opportunity
- Be wary of pop education resources found on sites such as Facebook and Pinterest



Be Healthy

- Routines are important for mental and physical health
- Continue the focus on a healthy diet and regular exercise
- Take it in turns to run half an hour of exercise twice a day, even kids can do this!



Online Behaviours

- Adults at home will be responsible for monitoring their child's behaviour, encourage children to be polite, respectful and courteous in their language online
- Plan limits to your child's screen time
- Regularly check the internet sites and conversations your children are accessing particularly junior and middle school students



A Focus on Good Relationships

- Encourage your child (and self) to keep in contact with family and friends, remember those who may be lonely and get in touch
- Teachers are under significant pressure, in a teaching environment which has changed suddenly and dramatically, be courteous and understanding as they juggle their new role
- Contact the Head of School if you have significant concerns