

How to support home learning

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt. Use the tips below to help you make this work for your household
 - Experiment in the first week, then take stock. What's working and what isn't? Ask your children, involve them too
 - Share the load if there are 2 parents at home. Split the day into 2-3 hour slots and take turns so you can do your own work
 - Take care of your own health and wellbeing. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing
-

Keep to a timetable 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 1 child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household
 - 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
-

Make time for exercise and breaks throughout the day

- Start each morning with a [PE lesson](#) e.g. 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
 - 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
- 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 – that's ok but you might want to set/agree some screen time limits
- Encourage your child to chat/video their friend or a relative every day so that they maintain a healthy social contact with their peers and further family

If you need to contact the school, you can do so via: http://kettlethorpehigh.co.uk/covid_contactus/

Supporting home learning routines

Planning the day

Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

	M	T	W	T	F
 I woke up at a good time.	<input type="checkbox"/>				
 I did some exercise.	<input type="checkbox"/>				
 I had regular meals and drank water.	<input type="checkbox"/>				
 I enjoyed some reading in a quiet space.	<input type="checkbox"/>				
 I practised a maths skill.	<input type="checkbox"/>				
 I completed some school work at my work space. I chunked it so I had some breaks too.	<input type="checkbox"/>				
 I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>				
 I helped with a household job and talked to my family while I did it.	<input type="checkbox"/>				
 I contacted my friends.	<input type="checkbox"/>				
 I spent some time on my creative hobby.	<input type="checkbox"/>				
 My parent/carer told me what I did well.	<input type="checkbox"/>				
 My goal:	<input type="checkbox"/>				
 My goal:	<input type="checkbox"/>				

