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| PARENT FACTSHEET |

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. Keep checking Bedford’s website and other social media for information, advice and guidance

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!
* **Your children should follow their school 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](https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl) at 9am with Joe Wicks on YouTube ‘P.E. With Joe’
* 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**)
* Encourage your children to get involved with the teacher challenges being set. Video them and they could appear on Bedford’s Facebook page.
* Try free keep fit via Facebook, there’s no need to subscribe, just go onto “Keep fit in Quarantine“  there are also dance classes for students.