



Bedford High School

## Remote learning guidance and support for parents.

We recognise that it can be very challenging for parents to support their child during remote learning. We want to offer some help and guidance to support you. We believe there are key 5 factors that you can embrace to help you to help your child:

1. Establishing a productive routine and healthy habits.
2. Avoiding the enemies of learning.
3. Organisation
4. Key questions to maximise learning.
5. Recognition and praise.

### Establishing a productive routine and healthy habits.

We encourage that parents reinforce the same routine as their child would have if they were attending school. A healthy sleep routine matters, so it is important that your child goes to sleep at a regular time and rises at the same time they would on a normal school day. As well as a healthy sleep pattern, a healthy diet and exercise regime will support your child both mentally and physically.

By 8:30am, students should have eaten their breakfast and have all the necessary equipment i.e. pen, pencil, ruler, calculator, rubber, paper/books (to capture their learning).

Students should begin their day by checking the work assigned on Frog. They should also check their school email to see if further communication regarding the learning has been sent by the teacher. You can use the Remote Learning template sent to parents with this document and also located on the Home Learn tab on our website to support with recording and monitoring the work assigned.

Remember, as a parent, you should check the work assigned on your Frog account. You might find it easier to use the 'Myfrog' app to do this but you will get a more comprehensive picture by logging in online to Frog which can be done from our school website.

### Avoiding the enemies of learning.

Technology can bring so many benefits, especially in its ability to ensure that we can still educate your child in the current landscape. However, it is important to be mindful of the aspects of technology that are harmful to learning. Please monitor your child's screen time and:

- during the school day, parents are advised to ensure that their child does not engage with social media and gaming (including online gaming).
- After the school day, access to social media and gaming should be limited.
- Try to check in on your child to ensure that they are learning and engaging with the resources that they have been instructed to follow.



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- Watch out for your child minimising and maximising the screen, if they are doing this, they are likely to be switching to social media or gaming distractions.

### **Organisation.**

In addition to the need to ensure that your child is equipped appropriately, you can support your child by helping to organise them with their daily learning. Students will be required to learn a variety of subjects each day and they will produce work in each of these subjects. In order to ensure that the work is categorised by subject you could ensure that your child has a file/exercise **book** for each subject. This will help our students when they are revising this work in the future. We will want students to bring their work back into school when they return.

Support your child in establishing a daily routine of submitting work to their teachers. This is mostly done via email. It is good practice too for students to send a picture of the work they have completed in a Zoom lesson via email.

### **Key questions and conversations to maximise learning.**

#### **Start of the day.**

What lessons do you have today?

Have you got all the equipment and resources ready?

How many Zoom lessons do you have today? When is your first Zoom lesson?

Ask your child to explain what they need to do and what they are learning about.

What did you do last lesson in this subject?

#### **During Lessons**

What are you learning about?

Listen out for questions that are being posed during a Zoom lesson. Prompt your child to give you the answer to that question even if the question has not been targeted at your child. Others in the class won't hear this as long as you are muted at this point.

How well are you grasping the learning? What could you do to help yourself further?

Are you keeping your work organised by subject and recordings dates, titles and learning topics?

Have you got your mic activated? (it is essential that students can unmute themselves to respond to questions in the lessons).



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Check the work completed and pose questions about it to check their understanding.

Have you submitted your work to your teachers?

Have you sent a picture of your work from the Zoom lesson?

\*email the teacher directly if your child is stuck or needs further support.

### **After the school day.**

What practice work will you be doing this evening?

Will you be attending any virtual extra-curricular activities after school?

When will you do your 30 mins reading time?

What exercise will you be doing this evening?

What revision will you be doing this evening?

### **Recognition and praise.**

If you take the time to support your child with all or some of the above, they are highly likely to flourish with their remote learning. You are also likely to feel proud of your child's efforts and engagement. We would highly recommend that you regularly recognise the positive work that your child does during remote learning. Explicitly praise them or even reward them. Our staff are awarding Lead Learner Awards every lesson and special praise should be given when your child receives this award. Lead Learner Awards are given to the students who impress most in a lesson.

We fully appreciate that some parents may not be in a position to action some of this guidance. Thank you for taking the time to read this and we hope that you find it useful.