

The 5Rs of Remote Learning



1. Routine

Practise good **routines** until they form good **habits**.



Routines – Pillars of good health



1. Routines – Be ready!



2.Remove



- The Super Villains of Digital Distraction

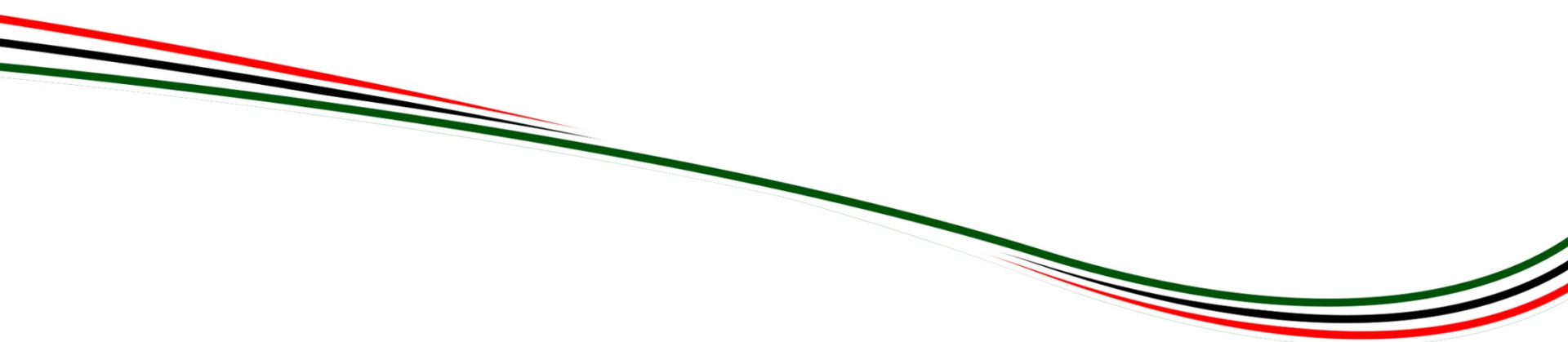


3.Report

- Ask your child to give you regular **reports** on their learning by asking questions

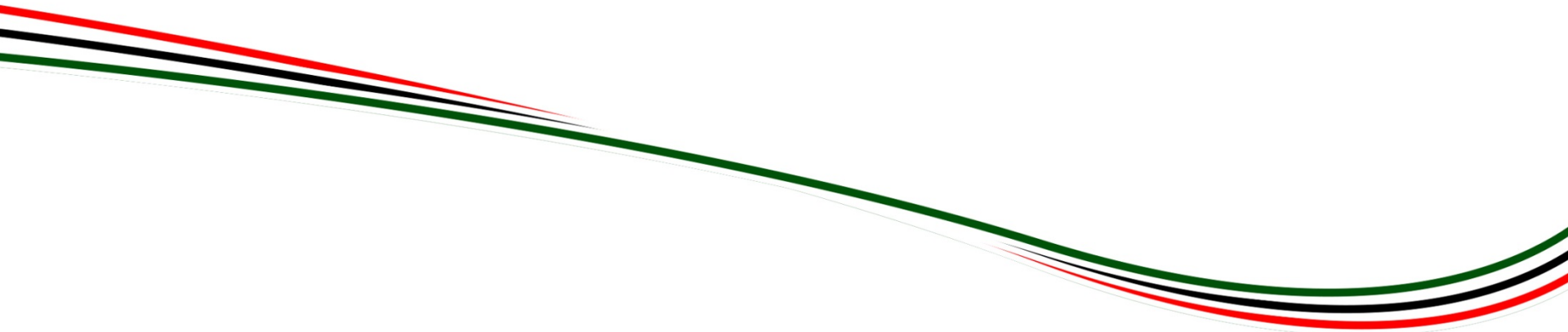


At the start of the day

- What lessons do you have today?
 - Have you got all the equipment and resources ready?
 - When is your first Zoom lesson?
 - Ask your child to explain what they need to do and what they are learning about.
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During and after the lesson

- What are you learning about? Can you show me?
- Have you submitted your work to your teachers?
- Have you sent a picture of your work from the Zoom lesson?



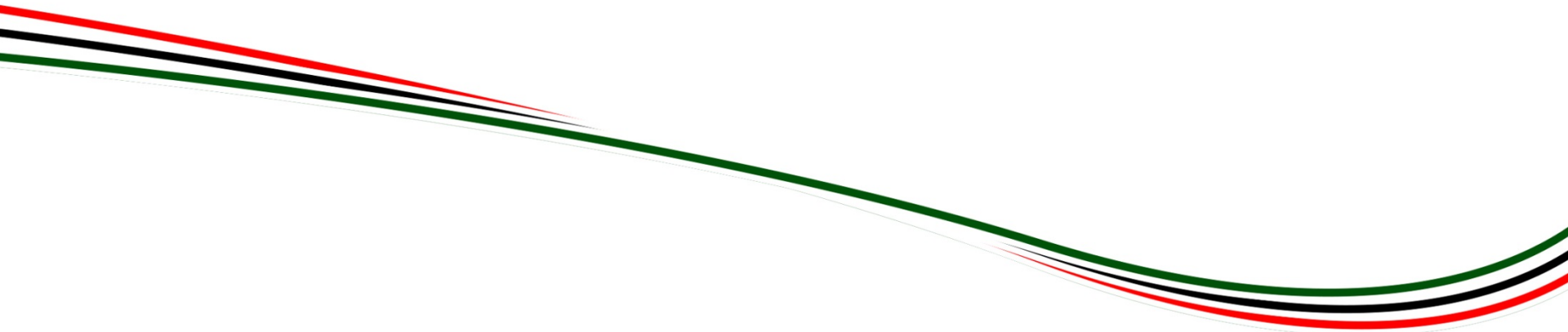
4. Reading



Press release

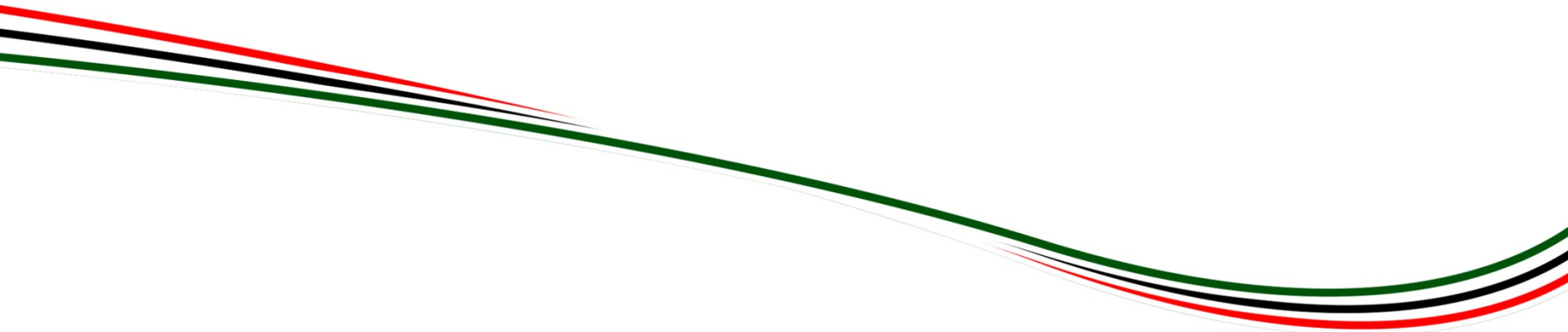
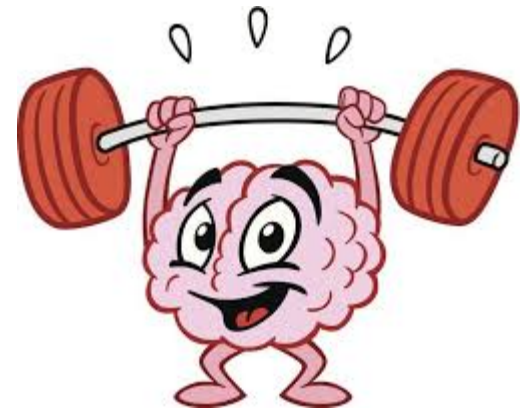
Ofsted: Children hardest hit by COVID-19 pandemic are regressing in basic skills and learning

Ofsted has today published its second report on the effects of the COVID-19 (coronavirus) pandemic across the sectors it inspects and regulates.



Why Read?

- Kicks your brain into gear and improves your:
 - Memory
 - Focus
 - Vocabulary
 - Imagination
 - Knowledge and understanding



Access to Reading in Lockdown

Manchester Library – Access to eBooks and audio books -video shared with students and staff on how to register

Oak Academy National Library – Free eBook shared weekly (sometimes not age appropriate for secondary students)

Bedford English Department – Cirque du Freak – recording of teacher reading with accompanying text

Yate Academy Reading Programme – links to 3 high challenge books for each year group (Y7-Y10). Recordings of readings on YouTube

National Literacy Trust – Free eBooks shared with students

Riveted – free book extracts, discussions and book clubs

10 Minute Book Club – University of Oxford – KS4 reading and discussing the classics

BBC Sounds APP – Free audio books – the classics and many more...

Audible – 100s of free audio books

Spotify – 100s of children's favourite books available for free

5. Reward (through recognition)

- Take time to recognise the effort your child is putting into their remote learning.



- According to neuroscientists at Stanford University, taking the time to self-praise after completing a difficult task can actually trigger a dopamine release in the brain (which encourages further efforts)

The 5Rs of Remote Learning guidance

1. Routines
2. Remove
3. Report
4. Reading
5. Reward (through recognition)

