

Advice for home-schooling during lockdown

1. **Do not be too hard on yourself:** Remember you are not a teacher and your children may be at different stages in their education. This is a unique experience from them as well as you. Do the best you can!
2. **Have realistic expectations:** Do not try to replicate school- it will fail! Encourage them to take responsibility for their learning but don't get too upset if they struggle initially. Remember if school is setting too much work or not enough give them some feedback to help them improve the provision.
3. **Create an effective workspace:** Students need a well-lit study space, quiet (ish) and somewhere where they could plug in a laptop or device to support their learning. Consider they will also need somewhere to store their textbooks, resources and equipment to help them learn effectively.
4. **Create an achievable timetable/ plan:** Clear routines including start and end of the day, lunch etc. Add in activities during the day eg football in the garden, games, phone time, chatting with friends (online).
5. **Remember to have regular breaks:** Try to avoid 60-minute sessions, try to break into smaller chunks as 60 minutes will feel like a lifetime studying on their own without the dynamic of others.
6. **A balanced approach:** You cannot underestimate how important exercise, eating healthily and good sleep are in this situation. If the kids are getting stressed let them chill for everyone's well-being and mental health.
7. **Resources:** If you search around you can access a number of free learning platforms. Ask your school to provide links, if they haven't already. You can always use twitter to find great free resources or via the TES online which is filled with amazing teaching resources you can access just by setting up an account
8. **Prioritise core subjects:** Try to encourage students to complete some Maths, English and Science each day to minimise the gap when they return to school. Times tables, reading and watching documentaries all count so try to mix it up if you are struggling.
9. **Study passion projects:** This is a good time for students to pursue interests they haven't had time to focus on in the past. It could be cooking, playing an instrument, Lego, building in Minecraft, or drawing. Bonus: If it is something they are truly interested in, you won't have to bug them to do it!
10. **Ask for help:** If you are struggling always contact your child's school who will support you with resources or direct you to the help you need.

Above all remember that this is an unprecedented situation and we are all just doing the best we can.