



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 are not expected to become teachers** and your children are not 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** at first, and then **take stock**. What is working and what isn't? Ask your children, involve them too
 - › **Share the load if there are two parents at home**. Split the day into 1-2 hour slots and take turns so you can do your own work
 - › **Family time**-enjoy time you spend supporting your children's learning – we learn best when we are relaxed and having fun
 - › **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
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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/structure of day** 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 your agreed 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 one 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, avoid them starting and finishing late
 - › **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
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Make time for exercise and breaks throughout the day

- **Start each morning with a [PE lesson](#)** at 9am with Joe Wicks or a simple workout at home to stimulate the mind and body
 - 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)
 - 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
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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 educational videos/clips on YouTube
 - Get your children to **write postcards** to their grandparents/ wider family/friends
 - Ask **grandparents/wider family to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
 - **Give them chores and household tasks** 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/other devices** – that's ok but you might want to set/agree some screen time limits
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Healthy mind-healthy body

- **Physical activity** and movement is not just good for keeping fit, it also helps with how we are feeling
 - It is important that your children are physically active throughout the day – they move around a lot during a school day. Try to get outside daily in accordance with the latest guidance from the Welsh Government. Learning happens outdoors as well as indoors and being in the fresh air can make us feel better.
 - Establishing good **healthy eating** habits at this time will help well-being and learning at home. Healthy food can support learning and memory and help learner to focus and concentrate throughout the day. It can be too easy to eat unhealthy snacks at this time so ensure a good healthy routine is adhered to
 - **Positive mindset** activities can be helpful to support your child's well-being and mental health at home. This will help stimulate and challenge the mind, which can support and supplement the school's home learning. These activities can be done independently as well as with family members. It is good to let children do things on their own sometimes, maybe in a quiet space with a little bit of peace and quiet.
 - This is a unique opportunity to have time to **learn and develop new skills**. New information promotes self-improvement and personal growth. It can combat boredom and develop your inquisitive mind. Examples of this are learning a new language, developing cooking skills and digital skills including building a website or creating an app.
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If you need to contact the school

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Should you encounter any technical issues or barriers to distance learning, including connectivity, please do not hesitate to contact our IT Support Desk via: it@chepstow.school

See guidance on supporting your mental health and that of your children:

- > [Coronavirus and your wellbeing](#) – Mind.org
- > [Supporting young people's mental health during this period](#) – Anna Freud Centre