

Remote Learning: Tips for Parents and Carers

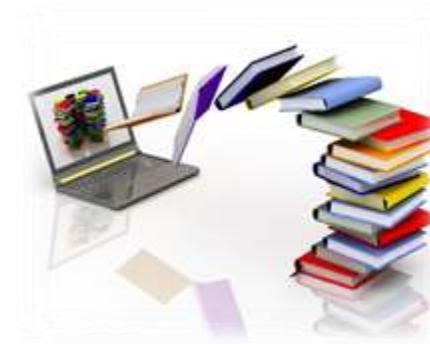
As we move to remote learning for the majority of our pupils, we thought it might be useful to share with you some tips for working with your child at home. We want this to be a positive experience for you and your child with a focus on ensuring that their learning continues.

At Pathfinder Schools, our overarching principle for remote learning is that our children remain connected with their school community and learning continues.

During remote learning Pathfinder Schools staff will:

1. Endeavour to connect with their class every day online;
2. Ensure that their class has a clear timetable and structure for their day;
3. Ensure that their class has access to new learning connected with their prior knowledge;
4. Ensure that their class has access to consolidation materials where they can practise and apply their previous learning;
5. Assess work and provide feedback;
6. Be proactive in supporting all pupils to actively engaging with the remote learning materials.

We appreciate that this period of remote learning will bring as many challenges as it will rewards, and hope that the following suggestions are helpful as you support your child's learning.



Expectations

Talk to your child about the expectations for their learning. It is helpful to have shared understanding that although learning remotely, it is still important to complete the work set by the teacher. Be kind to yourself though; if your child is not able to complete the work fully on the day, build it into the schedule for the next day. There should be around 3 hours work for a primary aged pupil, and this should be spread throughout the day.

Help your child maintain a schedule

Your child will have a timetable of learning to engage with each day and it might be helpful to have a clear family schedule that supports this. Stick to going to bed at a reasonable time and getting up in the morning as you would if you were going to school.



Have a 'schoolwork' space in your home

This isn't always easy, especially if you have a busy household. If possible, find a quiet space for your child to complete their schoolwork where there aren't too many distractions. It is also important that they don't get too isolated if they're working in another room.

Plan the day

Review the timetable of learning for the day together and help your child to plan their work. If you have scheduled times to meet the teacher online, you might want to set an alarm reminder. Check in with your child during the day and ask them to tell you about their learning.

Help your child to understand

Please don't feel that you need to be a full-time teacher or education content experts and don't be overly-worried if your child gets 'stuck' with their learning. Being 'stuck' means that we are being challenged and it is okay to struggle. Help your child learn to be independent by asking them to explain how they could get unstuck. It might be they don't have enough knowledge or know how to apply a particular skill. They might just be tired and need a break. In some cases, you might learn alongside your child, but if you're not sure, contact the teacher using the system agreed with the school.

Take a break from the screen and online

It is important to take time away from the screen, some quiet time where they can engage in a low key activity. This may happen naturally in a busy household where you have to share devices, but if not, set reminders for a break from screen time.

Encourage physical activity and exercise

Exercise is good for our bodies and our minds – this is true for both adults and children. In school, your child would normally have a physically active playtime, lunchtime and PE sessions. Aim for at least 60 minutes of physical activity that makes you breathe faster and feel warmer. You can spread the time over the day and get outside, if you are able to.

Manage their worries and help them see the positives

Your child might be anxious or worried about the current situation and change to their routine. They might be worried about their learning and missing the connection with their friends. Encourage your child to talk with you, be reassuring and help them to reframe challenges as opportunities. The opportunity to spend time together, do the activities that you've been trying to get around to or even try something new.

Connect safely with friends

It is likely that your child will miss their friends and their teacher. You can help your children maintain contact with friends through social media and other online technologies. But do

monitor their social media use and remind your child to always be respectful in their communications and to follow school guidelines.

Read with your child

Read widely and read often, ensuring that you continue to nurture their love of reading. Ask your child to select a book, a comic or an article. Your child could read to you, you read to them or read together and talk lots about what you have read! This should be a low-stress, enjoyable activity that you can share together.





Useful Links

[Young Minds](#)

[NSPCC Advice & support for Parents and Carers](#)

[NHS Change4Life](#)

[Cooking with my kids](#)

[Creative Bug](#)

[Oxford Owl](#)

[Book Trust](#)

[National Geographic Kids](#)

[Kids Guinness World Records](#)

