

Dear Parent/ Carer,

In order to support your children during this period away from school, please feel assured that the teachers and staff at Wootton Park School are here to help you. Along with educational and wellbeing activities, we are here to offer advice and guidance to learners and parents/ carers.

## How to support home learning

Follow this guidance to create a positive learning environment at home

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### 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** in the first week, then **reflect**. What has worked, and what has not been successful? Ask your children, involve them too.
  - ✓ **Share the load if there are two parents at home**. Split the day into hour slots and take turns so you can do your own work.
  - ✓ **Take care of your own health and wellbeing**. This will be new for your entire household, so give some time to adjust. Take a look at the links at the end of letter, to get 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 are dressed before starting the 'school' day – avoid staying in pyjamas!
  - **Involve your children in setting the timetable** where possible. This is a great opportunity for them to manage their own time, and it will give them a sense of ownership.
  - **Check in with your children and try to keep to the 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 learning time is over.
  - **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 (follow this link, or search on Youtube).
  - 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 get active with Zumba/ Yoga (there are lots of good Youtube classes to engage with).
- Get your children to **write postcards** to their grandparents or to pen pals.



# WOOTTON PARK

*'Ipsum quod faciendum est diutius'*

- Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children).
- **Give them chores** 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** – that's ok but you might want to set/agree some screen time limits.

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**If you require any support with well-being, or if you need someone to talk to, please contact our Wellbeing Team.**

- Are you worried about you or a friend?
- Do you just need to offload?
- Are you in need of a coaching conversation?

Our Wellbeing Team is here to support. If you need to speak to a member of the team, please visit <https://www.schoolinterviews.co.uk/> and enter code bky83 to book a slot.