

## Home Learning – Guidance on Managing Expectations for Parents and Carers.

This week has seen a huge change in how we are all living and we all need to learn how to cope and manage as best we can in our individual family circumstances.

Over the course of the first week of this new way of working, we have all been adjusting and finding our feet. The most important thing for us all at this time is to find some kind of harmony and structure for our home lives and to keep safe and well. Some will find this easier than others will, some will find that they have more time with their family than they know what to do with while others will find there are not enough hours in the day. This guidance is intended to help parents and carers to manage family life and the expectations for children's learning at home while schools are closed.

**The most important message to take away from this guidance is that we do not expect children and families to complete all of the work that is being posted onto the HOME LEARNING section on our website.**

Below are our suggestions for balancing learning at home with well-being and family harmony:

- The work being posted will increasingly be to review, revise and embed the learning that has already taken place in school. If your child struggles with an activity **STOP** and try something else.
- Do what you can and we will pick up the children's learning when they return to school so that nobody will fall behind if they are unable to complete a piece of work.
- It is for you as a family to choose from the work and activities available to help keep their minds active and to keep their learning live. We are simply providing enough for those of you who want to do more but nobody will be judging anybody on how much is done. Many of you will have more than enough to worry about without this added pressure.
- We all must build this around a wide variety of activities which may include physical exercise, reading, creativity, cooking, gardening, looking after animals, helping with adults working from home, family chores (it is important to be working together at home) or simply relaxing, watching films, playing board/card games or chatting with each other as a family or with friends online. Having meals together that are prepared together (and cleared away together!) is good. Try to make the most of enjoying the opportunities this enforced grounding is offering.
- Please don't worry about doing lots of writing as this is unlikely to be marked – sitting and discussing what your child has written and letting them know your thoughts on their work (make it positive) and on the subject of their writing is time well spent. If it feels right look to improve what they have done with two stars and a wish (two good things about their writing and one thing to improve on next time).
- Where possible do online activities, encourage reading and researching and watching the kind of programmes you may not usually watch like documentaries, or links being recommended. Allow time for games online but agree how long this will be for and that the game is age appropriate (over 50 minutes online is not good for children's health and well-being).
- Try to plan for down time for both your children and yourself every day. Everyone needs time to relax and recharge before tackling the next important thing that needs doing. Keep a structure to your day and include your child/children in the planning of this. A good approach, if possible, is to have a discussion each morning at breakfast time on the plan for the day. In this way the children are part of the decision making. Follow the plan for the day but feel comfortable to follow your own interests and respond to everyone's needs as the day progresses.
- Most important is not to argue about any of this! It is far more important that you focus on working out how to be so closely confined as a family and how to get on. It won't be the end of the world if this work isn't done, it is much more important that you have harmony in your homes.