



# Lavant

## C.E. Primary School

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Dear Parents and Carers,

Well done for making it to the end of another week; I hope the large number of you who have your children at home are beginning to get into a steady routine that is working for you and your children. We are very aware of the daily challenges that you are facing so have put together some top tips that may be helpful to you and your family:

**Try to establish a routine** – Schools run on regular, familiar routines like assembly and break times. If possible, try to establish and keep to a regular daily timetable

**Set up a work station** – Try to establish an area for your child to work. It does not have to be a desk; it could be in the kitchen, at a table or a clipboard on the sofa. It does not really matter as long as it is a space just for them.

**Make sure everything needed is to hand** – Ensure your child has paper, pencil, pens etc. to hand, so that extra stress is not caused trying to find resources at the last minute. If you have any difficulty in sourcing any of the basic equipment, please get in contact and we will provide you with the necessities.

**Don't forget regular breaks** – In school, learning sessions are regularly broken up with break times, assemblies etc. In addition, within each lesson, there is an introduction, lots of interaction with peers, and mini plenaries in which learning is shared and misconceptions unpicked. Therefore, within an hour session, the actual task may only be half an hour. Research from Ofsted confirms that it is much harder for children to concentrate when being taught remotely, so it is a good idea to break learning activities into smaller chunks.

**Ask questions and encourage your child to ask questions too** – if you can, talk to your child about their work and by asking them questions, you will see if they understand what they have been learning. Encourage independence wherever possible – do not be drawn into doing the work for your child.

**Lunch breaks** – If you are trying to work from home as well, agree a time for everyone to stop and have lunch together.

**Get enough sleep** – Without the regular structure of term time it is easy to allow bedtime routines to slip as well. If your children are anything like mine, it is a lot more difficult to keep them motivated and on task if they are tired.

**Do not be too hard on yourself** – None of us underestimates the difficulty of being both parent and teacher. **Don't forget to acknowledge and reward your child's good effort. (and your own)**

**Keep in touch** – **If you need help do not hesitate to email either myself or your child's class teacher. We are really happy to discuss any difficulties or provide extra guidance.**

We hope your children are able to join in with their class zoom sessions; it is so lovely to be able to see them all.

Thank you for all you are doing.

Have a lovely weekend,

Mr. Adrian King  
Headteacher

