



We take pride in everything we do.

BORINGDON PRIMARY SCHOOL

COURTLAND CRESCENT, PLYMPTON, PLYMOUTH PL7 4HJ
Tel: 01752 330424 Email: admin@boringdon.plymouth.sch.uk
Headteacher: Mr J C SCALES BEd (Hons) NPQH



Dear Parents and Carers,

Wellbeing & Managing Home Schooling

Now it is time that I talk directly to you. You unintentionally have become a member of my teaching team; helping me and supporting teachers deliver education to your children by supporting us, so, to you all - How are you? Is home-schooling causing some additional stress in your household? These are very challenging times. We are here to help and can signpost to you to support if it is needed.

Home schooling can be a challenge, for parents as well as children. It's OK to take it slowly and be flexible. Happiness and wellbeing come first, and if that means changing the tasks we have set, or choosing not to do them at all some days, then that is okay with us – you know what you and your family can cope with.

What helps me is the phrase “run your own race”. Don't compare yourself to other families or other schools. It's not good for your mental health and only causes undue stress and anxiety and unrealistic expectations that you can't manage and the school certainly can't. So **BE KIND** to yourself.

Home-Schooling Tips

- It's OK to stop for a while if your child is getting bored or feels upset and frustrated. Take a short break until they're in a better frame of mind.
- Look for triggers: do certain subjects upset them? Do they feel fed up at certain times of day? Spotting these issues can help you cope with them.
- Get creative: if there are other more interesting ways to answer the questions – quiz time, mind maps, art or drama, then do it!
- Set a timer so they can see an end to the task, or challenge them to get as much as they can done against the clock. When they're finished, let them have a break and do something fun.
- Consider getting schoolwork done early in the day. Once it's done, you can all relax about it.
- Identify a set time of day when you will help children with lessons, and other times when they will have a good go at doing things by themselves.
- Introduce reward charts. Give incentives like extra screen time, choosing a game or doing something they love.
- Give plenty of praise and tell them how well they have done after every piece of work.
- Try and find a quiet place for them to work with as few distractions as possible.
- Be firm when you need to, but make it your choice – don't feel pressured by perceived school expectations.
- Help them with tricky tasks or subjects if you can. Listen to them and help them to find a solution, or phone a friend for help. You can make the decision on if a piece of set work is not right for your child (to take away the stress) just email to let your child's teacher know.

Even with lesson plans and a great routine, doing school work at home can still be a challenge. If your child is finding things difficult, talk to them about what the problem might be. They may also be struggling with their new routine and having to do school work at home. It can help to change the routine around.

Remember: You don't have to be perfect. Your child doesn't have to be perfect. Other families are not perfect. Teachers are not perfect. We will be ready to pick up and support your child's education on return.





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Please remember that you are doing your best and that is good enough; you know what works best for you and your family. Take care of yourselves and remember even on the tough days you are still doing an incredible job. Looking back at this time, children won't remember finishing that piece of Maths work, but they will remember how it made them feel and what the vibe in the house was like. And remember the advice for when things get tricky on a flight – put your own oxygen mask on first!

Yours sincerely,

Mr J Scales

Headteacher

