

Remote learning newsletter



February 2021—Carrington Junior School

Well done!

The first and most important message in this newsletter is to say well done. Everyone has adapted so well to working in new ways, even though there are still a lot of things that are still quite tricky. This newsletter is full of hints and tips to help make things easier for you while you complete remote learning tasks at home.



Uploading work

Did you know there are several ways to upload work and pictures? If you can access Teams on your device and work within Teams then you just need to click 'hand in'. So what about when your teacher asks you to work in a workbook or on paper? There are a few different ways to upload your work:

- If you are working on a tablet you can probably take photos with your tablet and upload them easily before you press hand in.
- An adult at home can download the Teams app onto their phone and take photos using that and upload straight to your account.
- If you are working on a desktop or laptop, then you might need somebody to take a photo and send it to your device or use a USB cable to upload the image before you hand in your work.

When things go wrong

It's really important that we keep up with our work, particularly in English and maths. However, we all have times when things go wrong. Perhaps somebody in your home is ill, or the wifi has broken down— it happens to teachers too. School will always be understanding if things like this go wrong. Just send your teacher a quick message to say that you are having problems and do what you can.



Staying safe on the internet

It's really important we all stay safe on the internet. Teams is a safe place for you to be because only people from our school can get access. Staying safe includes only making friends and sharing messages with people we know in real life. If somebody you don't know asks to be your friend it's important to block them and let an adult know. Why not visit [Think U Know](#) to find out more about staying safe online.

Sometimes things on the internet are not true. Can you tell the difference between things that are true and things that aren't? Why not try [this quiz](#) with an adult at home and see how well you can do?



Working on devices for a long time

Did you know there are certain things that you should be doing if you're working at a computer to keep you fit and healthy?

- 1) **Give your eyes a break.** Try to spend some time working on paper, or reading from paper if you can. If you have a printer, you might be able to print off some of your work to read. Sometimes, we need to work from a screen for longer. If that's the case, give yourself a break for 5 minutes every hour, go and get a drink, or take a quick walk into your garden or a different part of your home.

- 2) **Sit with good posture.**

It's important to sit well, so that your back doesn't get crunched up and achy. Did you know that if you are sitting at a table and your feet don't touch the floor, it can help to put a step, or a box under your feet? This will help your whole body to be more balanced and will help you to concentrate for much longer.



Devices and home mobile data

We have loaned out over 40 devices to children to use for their remote learning. If you have a problem with a device breaking we have a very small supply of devices which remain available in school. Please contact the office on office@carringtonjs.co.uk to make an enquiry.

Did you know that you can get help with extra connectivity required for remote learning? If you are using a mobile connection because you do not have broadband in your home then you may be eligible for support with data costs from the government. If you think this applies to you then please contact the school office with the following information:

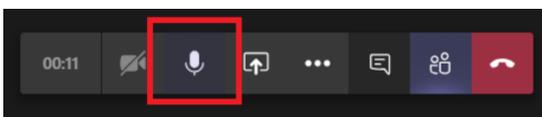
- the name of the mobile phone account holder
- the number of the mobile device
- the mobile network of that device (for example Three) whether they pay monthly or pay as they go

Using Teams

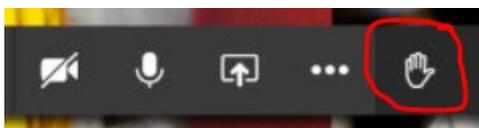
Most of you have done really well with Teams but the hints below may give you a few new ideas.



This button is in the top right of your assignments. If you click it, it will enlarge your instructions and read them out to you.



This is your mute button for calls. If it has a line through it people won't be able to hear you. You need to click it to be able to talk.



This is how to put your hand up in a call. (Remember to click it again after you have had your chance to speak.

How adults can help with learning

Adults at home might be working too, so they might only be able to help a little bit with children's learning. Most children should be able to get started and have a go at their work independently most of the time.

Adults can help by:

- Making sure children understand the instructions.
- Making sure children know what to do next.
- Reminding children to do the best they can.
- **Letting children make mistakes.** It's important that teachers know what children are able to do on their own— this helps teachers to set work at the right level for the children and to know who might need a bit of extra help. Making mistakes is part of the learning process. We don't expect anybody to get everything right. (It's also great if adults can talk through the mistakes if they are able to.)

Why not visit our [remote learning skills](#) page and downloading our skills mat to help you keep going?



Keeping positive and building a routine

Keeping a routine and getting some exercise can help learning to be easier and can also help you to feel better. Follow these tips to keep a routine:

- Get up at a similar time every day during the week.
- Always have breakfast to get your brain going before you start your learning.
- Have lots of drinks (especially water) every day.

Visit the [home learning hub](#) for more ideas.