

You have received home-learning resources from school to support you and your children whilst at home. Together, we now know more about what to expect from learning at home. We know that for some children this will be an anxious time and it is important to give regular reassurance and encouragement. During this period, it is important that children continue to keep a healthy routine and complete work daily so that their stamina is not lost when they return to school. We have put together a suggested daily timetable that you may find helpful. Please note that times are suggested and you may choose to swap activities around. Remember to take brain and movement breaks. Little and often is best. It is important to try and maintain the momentum of learning that has been gained since your child's return to school in September. We have provided comprehensive hard copy packs (book bags) and class teachers will refer to these in pre-recorded lessons via eSchools each day. If you have little or no access to online devices, your child can work through the hard copy pack independently of the pre-recorded lessons. Keeping your child's brain ticking along and helping them to maintain their stamina as much as possible will prepare them well for their return to regular whole class teaching back in school. We are here to help both academically and pastorally. Do not hesitate to contact your child's class teacher via Dojo or contact the school via enquire@mount-charlessch.org or 01726 73911.

Time	Suggested activity	Ideas...
Before 9:00am	 Wake up	Make your own breakfast, eat breakfast, brush teeth, help with laundry/folding clothes.
9:00 – 10:15am	 Academic Time	School packs, pre-recorded lessons, reading. Check eSchools and dojo for updates from school.
10:15 – 10:30am	 Exercise	Take some exercise with Joe Wicks or try some yoga (yoga videos and links available on youtube).
10:30 – 11:00pm	 Fresh Air	Play in the garden go for a minibeast hunt, tally chart items that you find (flowers, birds, cars, etc.). Play with a ball, ride a bike/scooter, jump on a trampoline.
11:00 – 12:00pm	 Academic Time	School packs, pre-recorded lessons, reading. Check eSchools and dojo for updates from school.
12:00pm	 Lunch	If you are all at home, try to sit together as a family. Talk to one another – try to use this as 'down time' together.
12:30pm	 Chores	Create a list of twelve household jobs. Roll two dice and whatever number it makes, tackle that household job first.

Time	Suggested activity	Ideas...
1:00 – 2:30pm	 Academic Time	School packs, online videos, reading. Check eSchools and dojo for updates from school.
2:30 – 3:00pm	 quiet time	Reading, puzzles, mindfulness colouring.
3:00 – 5:00pm	 own time	Time to yourself is important. Try to use this time to do quiet activities.
5:00 – 6:00pm	 Dinner	Make sure you maintain a healthy and balanced diet. Have you eaten your '5-a-day'? Try to eat together and talk about your day.
6:00 – 8:00pm	 TV brush teeth bath/shower	Down time is important. Avoid screen time in the hour before bed to help you sleep well.
8:00pm	 Bedtime	Bath/shower, brush teeth, watch your favourite TV or quiz shows. Play family games such as charades, board games etc.

